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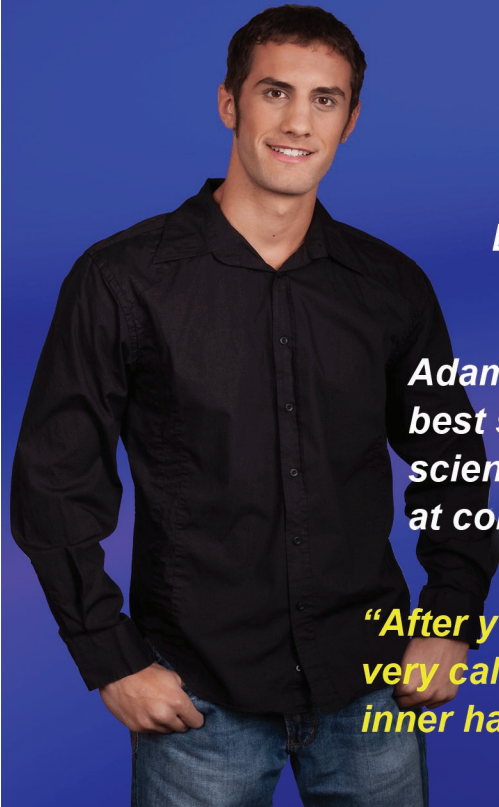
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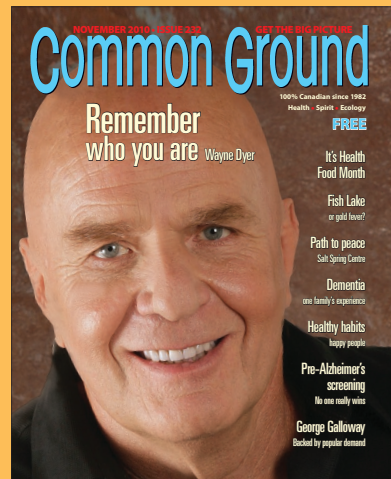
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Remember where you came from

WRITING ON THE WALL by Dr. Wayne W. Dyer

BEFORE MERGING into form, we were a part of God, with all the inherent qualities of a Creator who sends forth abundance, creativity, love, peace, joy and well being. The spiritual dimension calls to us in this material world of beginnings and endings. When we listen and allow it to, Spirit guides us to something greater than our life as a physical being. When I let myself align with Spirit, I have a feeling of contentment, but more than this, I experience joy. I'm able to receive the vibrational energies of my Source – call them voices, messages, silent reminders, invisible suggestions or what have you; they're vibrations of energy. I've learned to get my 'self' out of the way and remove resistance to the free flow of this spiritual energy.

Spirit doesn't dwell on the impossibility of anything; that is, it doesn't focus on not being able to create, on things not working out, on expecting the worst or on being stuck in place. When I'm in-Spirit, I want my present moment and thoughts to align perfectly with what I desire to share. I want to offer an experience of inspiration to my audience, so I don't give a speech thinking, I'll probably disappoint them. I choose to think that if I stumble or forget something in the middle of my talk, the inspiration to get me through it will be there. When I sit down to write, my desire is to invite Spirit to express through me and I encourage ideas to flow freely. I'm connected in-Spirit,

expecting to be the instrument of my spiritual Source.

When we remember that we're always connected to Source, we can summon the well being of God. Each and every one of us represents God or Spirit revealing Itself here on our planet. Experiences of being in-Spirit are available to all of us. Remember that your life is bigger than you are. Dedicate your life to something that reflects an awareness of your Divinity. You can begin by committing to at least one daily experience where you share something of yourself with no expectation of being acknowledged or thanked. For example, before I begin my daily routine, I go to my desk and choose my gift for that day. Sometimes, it's just a phone call to a stranger who's written to me or perhaps I order flowers or send a book or present to someone who has helped me in a local store. It doesn't matter if this activity is big or small; it's a way to begin the day in-Spirit. Make a silent dedication to encourage and express your Divine nature. *Namaste.*

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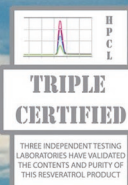
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Screening for Alzheimer's What good can it do?

DRUG BUST Alan Cassels

HEALTH

TEST EARLY, test often. That's the mantra of doctors and disease groups who believe finding disease early is essential to a long and healthy life. Believing that an important aspect of staying healthy is eternal vigilance, they are promoting an ever-watchful eye, encouraging people to be scanned for a disease before it strikes them down.

Much of what passes for 'preventative' health nowadays involves screening programs of some type, such as mammography (for breast cancer) in women and PSA testing (for prostate cancer) in men. Even the innocuous lab work your doctor will periodically recommend involves screening, as he sends you to the lab to get your blood sugars and your cholesterol checked.

The allure of screening for disease is strong because it appeals to our need to be proactive and to 'do something' to keep ourselves healthy. I mean, why wouldn't you want to be screened? It's about being in control, isn't it? Finding the disease when it is small and manageable allows you time to deal with it, such as having surgery or taking drugs to slow it down, stop it or prevent it from getting worse.

Intuitively, this is hard to argue with, yet the data on a whole range of screening programs leads me to believe that screening otherwise healthy people is embraced far too enthusiastically, often without an evidence base to support it and frequently causing harm. The screening might locate a 'risk factor,' which is associated with an increased future risk of developing some disease or another, but risk factors are rarely definitive. The problem, of course, is when our doctor tells us we have a 'risk factor,' we end up confusing it with the real disease and it – the risk factor, not the disease – becomes the focus of all our attention.

Screening healthy people makes sense, but only if it can conform to a few basic principles:

- The test is simple and safe.
- The 'thing' in question can be reliably found.
- The thing they're looking for can be found early enough to affect a cure.
- Finding the thing can deliver a diagnosis that otherwise wouldn't occur.
- Our doctors can meaningfully do something about the disease indicated by the thing they've found.

Now, what to test? How about a test for getting old?

My reading of the position of the groups that work with Alzheimer's patients indicates a powerful need to screen. The Alzheimer Society of Canada notes that cognitive impairment and dementia strike about 20 percent of elderly Canadians, yet less than one-quarter of the cases of Alzheimer's disease in Canada is diagnosed and treated. The organization points out that, currently, there are about half a million Canadians living with dementia but, "by 2015, with baby boomers reaching the age of 65, the number of cases of dementia could jump by 50 percent."

The problem is that, with the apparent tsunami of dementia heading our way, we know almost nothing about what causes it, how to prevent it or how to treat it. Researchers in the US recently analyzed 25 systematic reviews and 250 primary research studies in an attempt to determine the factors that cause Alzheimer's or cognitive decline. Did they find definitive causes? Unfortunately not.

They found that if you had diabetes, possessed a certain kind of gene (APOE e4), had depression or were a smoker, these factors were 'associated' with an increased risk of developing Alzheimer's. Factors that decreased your risk somewhat were keeping mentally and physically active, though the quality of the research evidence on this is poor.

Trying to detect Alzheimer's disease early is based on the possibility of altering the course of the disease, but because there is no therapy proven to slow Alzheimer's, it would seem to beg the question, "Why test healthy people for Alzheimer's?"

The Alzheimer Society of Canada says that dementia-related issues, such as "motor vehicle accidents, medication errors and financial difficulties," could be avoided by earlier diagnoses of the disease. It professes that finding Alzheimer's early will help individuals have more time "to adjust to the diagnosis." Sounds plausible yet I can't help feeling that testing people for Alzheimer's – possibly applying a "pre-Alzheimer's" label 10 to 20 years before a person develops any symptoms, without having something substantial to give them – is a bit of a bust. To me, it's like applying a cruel death sentence with no date as to when it will happen.

Part of my skepticism comes from the fact there are only a few instances where population screening of otherwise healthy people is worth the effort to find diseases before they can cause harm. This year, we have seen the reins seriously yanked back on mammography and PSA screening – the two screening programs that have undergone the most studies – because of the growing recognition of harm caused by false positive findings. And the fact you have to screen thousands of people over many years to prevent single deaths. The message is clear: unnecessary medical screening may not only waste your time and the health system's money, but it may leave you worse off. More and more people will endure the anxiety, further testing and medical interventions, along with all the risks, costs and side effects these involve.

Screening for Alzheimer's intersects with the common "aging tsunami" meme, which is often used to describe the expected bulge of aging boomers in Canada that will soon clog and bankrupt our cherished medical system. If Canada's universal healthcare system is set to

show if a person is at risk of the disease before they have any symptoms. Finding these 'risk factors' involves some very invasive techniques, including CT scans of the brain (to identify changes in brain structure) and spinal taps (to identify protein fragments which may be linked to Alzheimer's disease) as well as searching for specific types of genes which, again, may be 'linked' to Alzheimer's. So far, these tests haven't been definitive, and they have failed to pass the first two hurdles of an acceptable screening test. They are not simple, nor absolutely safe, nor very reliable.

Part of this is based on the need of scientists to rewrite the definition of Alzheimer's, arguing it should be classified as a "clinical-biological syndrome." One way to establish a diagnosis would be to base it not only on symptoms of dementia (forgetfulness, confusion and so on) but "biomarkers" such as a brain scan or an analysis of cerebrospinal fluid. If a person is already exhibiting mild signs of cognitive impairment, why go to the trouble to define Alzheimer's in terms of a biomarker, you might ask.

Testing people for Alzheimer's – possibly applying a "pre-Alzheimer's" label 10 to 20 years before a person develops any symptoms, without having something substantial to give them – is a bit of a bust. To me, it's like applying a cruel death sentence with no date as to when it will happen.

run aground and sink due to a boatload of aging and demented patients, we might accept all kinds of potential solutions, such as more screening, to avert the sinking. We might want access to more and better Alzheimer's screening tools and a bigger public investment in detecting and avoiding this dreaded disease.

But using the "aging tsunami" meme ain't gonna sell it. Why not? Because it rests on a falsity. A number of studies over the years estimate that the aging of the population doesn't even add one percent a year to healthcare costs. What actually will threaten to sink the healthcare system is the fact that people of all ages are using more and more health services – many of them unproven, expensive and harmful, including more prescription drugs and screening tests – as well as many other services. Certainly, an older population will need places to live and people to look after them and communities will have to change and adapt to this. But a tsunami to healthcare? Nah.

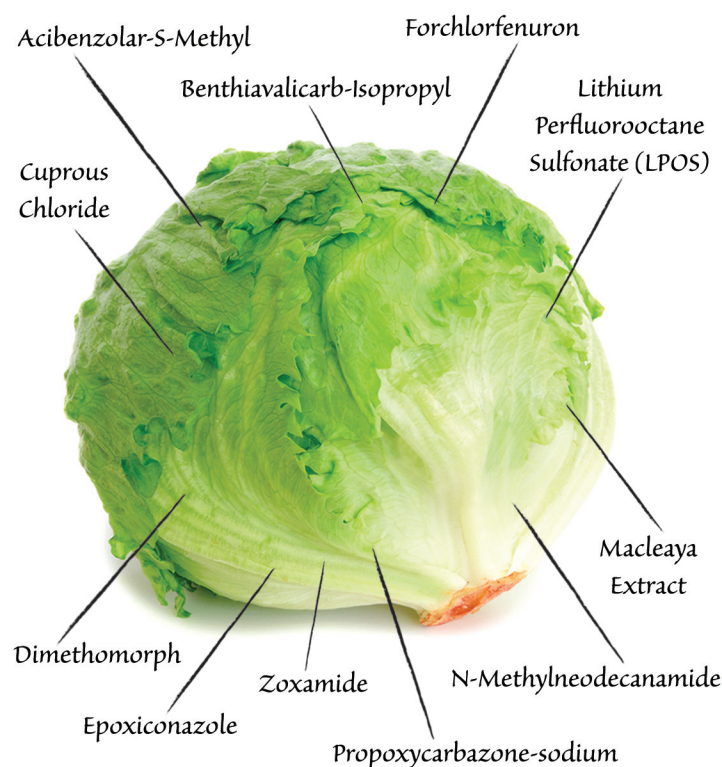
In the energetic search to determine the risk for Alzheimer's before it strikes, many scientists are exploring a handful of biomarkers, or biological signals, which they hope will

Well, if you've got a biomarker, you can develop a drug (as groups such as Pfizer and Eli Lilly are trying to do) to work against the biomarker. In terms of treatment, things haven't worked out that well on the drug front. Just recently, the drug giant Eli Lilly halted two clinical trials when its Alzheimer's drugs, which were supposed to reduce plaque in the brain, made people more cognitively impaired and less able to look after themselves than those on placebo.

Some critics have said that, despite the recent drug trial failures, the real disappointment is that no drugs have been developed that address the root causes of Alzheimer's, a definitively tough task, as no one really knows what those are. Some have said toxins in the environment may be at the root of the disease, but since you can't patent a drug to reduce our exposure to environmental toxins, we're unlikely to see much research funding go towards this. Like cancer or other diseases, you can be sure the bulk of the money will go toward treatment – and not prevention or cure – because that's where the money is.

So back to the question: What about pre-Alzheimer's? *continued p.42...*

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Fever

an ancient and **beneficial**
response to infection

by Ruth Welburn

FOR YEARS, healthcare professionals considered fever to be undesirable and diligently sought to reduce it. This led to the ubiquitous and indiscriminate use of fever reducing medications in hospitals and at home. But is fever a bad thing? Could Nature have been right after all? Is there a benefit to be gained from the very symptoms we seek to annihilate? Fever earned its bad reputation partly because it is symptomatic of an infectious disease and partly because it causes discomfort to the patient. Reducing the fever was thought synonymous to treating the infection. It is now thought that quite the opposite is true.

Indeed, fever may be beneficial to our immune system. In a 2003 bulletin issued by the World Health Organization, Heinz F. Eichenwald points out that “fever represents a universal, ancient and beneficial response to infection.” The fact that fever, despite its enormous energy requirement, is found as a component of the immune response in all mammals strongly suggests that fever has critical evolutionary value. Eichenwald concludes that the suppression of fever “under most circumstances, has few, if any, demonstrable benefits. While, on the other hand, some harmful effects have been shown to occur as a result of suppressing fever.” He unequivocally discourages the widespread use of fever reducing medications.

In a 2007 issue of *Microbiologist*, Green and Hopton-Cann explain that fever is more than just an increase in

temperature; it is a very complex, natural immunological reaction to infection and triggers the production of white blood cells and molecules that fight the infection. Fever increases the metabolic rate by 30 to 50 percent. In addition, the accompanying chills double or triple the metabolic rate. This higher metabolic rate supplies the substantial energy required to mount an immune response without compromising the energy supply for normal cellular activity. Fever also causes blood to circulate faster, which allows white cells to reach the site of infection quicker, and it speeds up the elimination of toxins from our system. Increased body temperature can also hinder the growth of bacteria and viruses and interferes with their ability to produce toxins.

enough duration, patients could sometimes live out the rest of their lives cancer free.

Today, some types of cancer are treated by stimulating the patient’s natural immune system to mount an attack on the tumour. One example of this treatment, known as “immunotherapy,” is the use of a weakened form of tuberculosis called BCG to treat superficial bladder cancer. BCG has become increasingly regarded as the most effective treatment for the removal of residual tumours following surgery. The bacterial suspension is administered directly into the bladder cavity via a catheter. It is not thought to have any direct anti-tumour effect, but it induces an inflammatory reaction that triggers a response by the immune system that indirectly affects tumours by attracting white blood cells and cytokines to the area. The cytokines change the environment in the bladder causing it to inhibit future tumour growth. In some cases, BCG induces flu-like symptoms with fever and chills that enhance the anti-tumour action. This treatment has resulted in complete tumour regression.

A recent report at a 2010 ASCO (American Society of Clinical Oncology) meeting suggests that fever has a beneficial side effect to immunotherapy. Researchers from Aarhus, Denmark,

Fever is more than just an increase in temperature; it is a very complex immunological reaction that triggers the production of white blood cells and molecules that fight the infection.

ture can also hinder the growth of bacteria and viruses and interferes with their ability to produce toxins.

One notable benefit of febrile infections is that they possess some hidden mechanism within the body’s immune system that can regress or cure tumours. Since the middle of the 20th century, there has been a surge in the incidence of cancer in the developed world. Before the elimination of many severe febrile diseases, fever was Nature’s defence against cancer. In the late 19th century, a surgeon by the name of Dr. William Coley discovered this fact when he realized that some inoperable tumours spontaneously regressed following acute febrile infections such as scarlet fever, rheumatic fever, diphtheria, typhoid, influenza, amoebic dysentery, smallpox and erysipelas. If the fever was high enough and of long

suspended the routine use of fever reducing drugs with patients receiving immunotherapy to treat metastatic melanoma. They found the therapy was more effective when patients were allowed temperatures up to 41 °C (105.8 °F).

There is a mounting body of evidence that indicates it is folly to interfere with the intricately designed mechanism of fever. Maybe we should think twice before taking fever reducing medication and just allow fever to run its course.

Ruth Welburn holds a Master of Science degree in microbiology. She has 20 years of experience in university research labs in the fields of virology, microbiology and infectious diseases. She has recently released a novel, *The Devil’s Ruse*, which deals with the 1918 influenza pandemic. Preview the novel at www.ruthwelburn.com



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ated with substantial cognitive decline in the elderly population they studied over a six-year period and suggest new possibilities for treatment and prevention.

Whole foods

Whole foods are unprocessed and unrefined, or processed and refined as little as possible. Turns out they're great for human health. Take the example of nuts. Researchers looked at nuts and the effects of consumption on blood lipid levels. What they found was that the benefits of eating nuts were greatest among subjects with high baseline LDL-concentration (low-density lipoprotein also known as the bad cholesterol) and with low body mass index and among those consuming Western diets. They published these results in the May 10, 2010 issue of *Archives of Internal Medicine*.

Fish oil

Use of non-vitamin, non-mineral "specialty" supplements has increased substantially over recent decades. Fish oil is one example. Researchers found the use of fish oil was associated with a 32 percent reduced risk of a type of breast cancer (ductal). Fish oil is known to have anti-inflammatory or anticancer properties. The findings are published in July 2010 issue of *Cancer Epidemiology, Biomarkers & Prevention*.

Organics

Canada celebrated its first-ever Organic Week October 9-16. The event recognized the growing interest in all things

organic and attracted unique events and activities in many communities across the country. CHFA was proud to be a Championship Sponsor of this inaugural event. The organic sector has been growing 20 to 35 percent per year, according to the Canada Organic Trade Association. The retail value of organic food products in Canada in 2008 was estimated at \$2 billion, according to a 2008 Agriculture and Agri-Food Canada study, approximately double that of 2006. Clearly, Canadians



are interested in organics and with a new, regulatory regime for organic food in force since July 1, 2009, it's easier than ever to identify food that is certified organic.

More evidence has come to the forefront about the demonstrated benefits of natural health and organic products. We encourage Canadians to recognize and support National Health Food Month. Visit your local natural health retailer today. Your health will thank you.

Sources:

Canadian Cancer Society Announces Vitamin D Recommendation
www.medicalnewstoday.com/articles/74781.php



Find CHFA on Facebook where you'll get informative updates on the natural health and organics industry.

Learn more at www.chfa.ca

CONSUMER interest in learning how to promote and maintain health naturally is at an all-time high. At the same time, scientific research in the area of the benefits of using natural health and organic products has also grown exponentially.

National Health Food Month is an annual initiative of the Canadian Health Food Association (CHFA) that shines a spotlight on natural health and organic products with the intention of broadening consumer awareness of the products and their benefits. It's also an opportunity for dedicated manufacturers, retailers, wholesalers, distributors, growers and importers of natural and organic products to showcase the industry's high-quality products.

Recognized each November, National Health Food Month serves as a reminder for Canadians that natural health and organic products are:

- federally regulated
- safe and effective with health claims supported by research
- an integral part of promoting and maintaining health

To assist in promoting National Health Food Month, CHFA will highlight the latest research that focuses on the long-term value of natural health and organic products for health and well being.

The research comes from the scientific abstracts contained in the newest issue of *Research & Your Health*, an educational resource produced by the CHFA, in collaboration with InspireHealth, and exclusively for CHFA members. Canada's foremost integrative cancer care centre, InspireHealth, is a not-for-profit charitable organization located in Vancouver.

Here's a line-up of topics and a

quick summary of the conclusions from the research:

Vitamin D

There's been a lot of information about the benefits of vitamin D lately. A growing body of evidence about the link between vitamin D and reducing risk for colorectal, breast and prostate cancers led the Canadian Cancer Society to recommend a specific amount of vitamin D supplementation in 2007.

A study published in the July 12, 2010 issue of *Archives of Internal Medicine* examined whether an association between low serum levels of vitamin D and cognitive decline or dementia can be demonstrated. The researchers concluded that low levels of vitamin D were associ-

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Healthy Habits



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Omega-3s are one of the most researched supplements in the world, with numerous studies indicating their function and importance in cholesterol management, joint pain, skin health, cognitive function, vision, mood regulation, hormonal health, immune system functioning, digestion and... the list goes on.

There are 3 main types of Omega-3 fatty acids: EPA, DHA and ALA. EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic Acid), found in fatty fish oils and in certain nuts and seed oils, can be readily utilized by our bodies. Conversely, ALA (alpha-Linolenic acid), once consumed, requires conversion by our bodies into EPA and DHA before it can be utilized. Because the body does not produce these healthy fats, we must get them from diet and/or proper supplementation.

International studies show wild, fatty fish oils such as anchovy and sardines provide the best, most potent sources of Omega-3s (EPA and DHA), more so than oil from salmon and superior to Omega-3 from nuts and seeds. This is because there is no conversion required by the body in order to reap the benefits of EPA and DHA contained in fish, unlike ALA found in other sources such as walnuts and flax seed oil. In fact, it's estimated one would have to consume 10 times the amount of flax seed oil to get the equivalent EPA and DHA contained in fish oil.

Find your balance

Be warned; you may be over consuming Omega-6 fatty acids. Studies show the typical North American diet is too heavy in Omega-6 fatty acids, promoting free radical production and inflammation in the body, an underlying cause of many health issues. Although Omega-3s can be obtained from dietary sources such as wild fatty fish, raw nuts and seeds and leafy green vegetables, supplementing with high quality Omega-3 fish oils from sardines and anchovies,

ensures that the proper balance of fatty acids is maintained, keeping inflammation under control not to mention helping to prevent other health conditions.

Pump it up and live longer

Keeping fit is essential for cardiovascular health. Incorporating running, stretching and weight training into your daily regime supports muscle strength, flexibility and a strong heart. A diet low in sodium, rich in a variety of fresh vegetables and emphasizing "good fats" like Omega-3 is also important.

The GISSI-Prevenzione Trial, a groundbreaking study of the effects of Omega-3s on 11,324 subjects over three years, established that supplementation with 900 mg/day of DHA/EPA (Omega-3) in a 2:1 ratio resulted in a 30 percent decreased risk of cardiovascular related death, and a 20 percent decreased risk of total mortality in post-myocardial infarction patients. (See <<http://www.ajcn.org/cgi/content/short/77/2/279>)

The un"comfort"able truth

Our favourite highly refined, sugar and fat laden "comfort" foods we instinctively reach for during times of stress as a short-term boost actually have a long-term, damaging impact due to the acidic effect on our bodies. Instead, try to reach for alkalizing foods during these times; fruit, vegetables, whole grains, fish, nuts and seeds. These powerful foods nourish and calm the body in order to better handle any situation. And a naturally energetic body is a happy one. The use of hard-hitting stimulants like coffee and "energy" drinks provide a false and temporary boost that inevitably leaves us low and can take a toll on our health in the long term.

Turn your world upside down

Oxygenation of the body is of vital importance and provides many health benefits for the body and mind. Practicing deep breathing and regularly inverting your body for increased blood

flow and oxygen to the brain results in increased mental clarity and energy, decreased stress and depression and also provides pain relief. It's as easy as doing a headstand, lying head down on a slanted board or elevating your feet on a few pillows while lying down.

The body loves routine

Did you know that the body not only likes, but it *needs* routine? Establishing a positive, healthy routine instils stability, reliability and calmness to daily life. Create a list of habits that are important and of value to you and begin to add them into your life. Examples may include practicing 10 minutes of deep breathing each day. In time, they will become an effortless ritual that you cannot live without.

Aging and your skin

Regardless of your age or the climate you live in, over time, your skin loses essential lipids and nutrients causing dryness and wrinkles. Dry skin is more susceptible to damage from UV rays, pollution and other harsh chemicals, further accelerating the aging process.

For years, synthetic ceramides have been a staple in the topical cosmetics industry, yet recent research shows orally consumed ceramides, naturally derived from whole grains, can improve the epidermal barrier and significantly enhance skin hydration (Asai 2007).

According to leading naturopathic doctor, skin expert and author Dr. Alan

brush (available at most health food stores). This helps remove dry skin cells while increasing circulation – both important for healthy skin.

3) Consider infrared sauna. Studies show this kind of sauna penetrates your skin more deeply due to its warming effect. The sauna opens pores while releasing uric acid and ammonia among other harmful toxins.

4) Include herbs and spices such as dandelion, red beet, parsley and ginger to your meals. Besides adding flavour, they are well known to support liver function and to promote natural cleansing.

Tomatoes, cocoa powder and oranges all contain important antioxidants, help reduce inflammation and protect skin against UV damage.

5) Reduce stress with daily meditation, yoga or tai chi. Studies show all of these help reduce inflammation and cortisol levels, both linked to problem skin, including redness, breakouts and increased signs of aging.

According to researchers from Bangalore, India, regular yoga practice is a beauty sleep must. In adults with insomnia, those who practiced yoga fell asleep 30 minutes faster and added an extra hour to total sleep time.

Your bone health

Research shows that regardless of gender or family history, we naturally begin to lose bone mass starting in our early 30s. If not corrected by diet or supplementation, our bones become weaker over time, impacting our posture, mobil-

The typical North American diet is too heavy in Omega-6 fatty acids, promoting free radical production and inflammation in the body, an underlying cause of many health issues.

Logan, "Ceramide levels decline with age and lower levels of ceramides lead to visibly dry and inflamed skin. Discovering that all-natural ceramides in supplement form have the ability to lower inflammation and maintain an optimum level of hydration is one of the most significant precedent-setting advances made in skincare in recent years."

Skin care - naturally

As you know, a healthy internal system equals a beautiful exterior. To help you achieve it, here are five easy steps guaranteed to provide noticeable results – naturally.

1) Drink water with fresh lemon first thing in the morning to immediately boost pH alkalinity. Too much acid in the body is linked to dry, aged-looking skin.

2) Dry brush daily. Brush your limbs and body in an upward motion towards your heart using a natural dry bristle

ity and longevity – along with our hair, nails and teeth. Whether you are 34 or 94, follow a diet that's rich in phytonutrients and alkalizing foods, as they are proven to promote a neutral pH level (the more acidic your pH, the greater your risk for poor health, including low bone mass), promote osteoblasts (bone-forming cells) and reduce your risk for calcium loss from your bones.

And calcium is only part of the solution. According to Dr. Leticia Rao, director of the calcium research laboratory at St. Michael's Hospital and University of Toronto, "Much of my research has shown that dietary antioxidants including polyphenols and carotenoids such as lycopene found in brightly coloured fruits and vegetables may play a very important role in bone health, including increased bone density, development and repair.

Source: www.genuinehealth.com

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Calling all health nuts

NUTRISPEAK Vesanto Melina MS, RD

ON THE WHOLE, nuts have proven to be cardio-protective. The research includes cashews, almonds and walnuts (botanically considered seeds), peanuts (which are legumes) and hard-shelled true nuts such as hazelnuts. Women who consume one ounce of nuts five times per week cut their risk of heart disease by one third. Even eating nuts once a week can significantly reduce mortality rates. These protective effects are thought to be linked with these facts:

- The fat in nuts is mainly oleic acid (as in olive oil) and primarily unsaturated.
- Nuts provide plenty of protective antioxidants.
- As snacks, nuts are an ideal replacement for “junk food” (high in trans fats or sugar).
- In entrees, (such as the stir-fry below), nuts replace meat and poultry.
- In creamy sauces, nuts replace dairy products.

The English name for the cashew nut derives from the Portuguese name for the fruit of the cashew tree, caju, which in turn derives from the indigenous Tupi name, acajú. The trees originated in Brazil and were taken by Portuguese sailors to Goa, India, in the middle of the 16th century. From there, they spread

throughout India and to tropical regions such as the Philippines.

During the four years I lived in India, I recall joining some lovely women for lunch on a beach in Goa. While they spoke only the native language Konkani, they invited me with welcoming gestures. They picked these delicious nuts from a nearby tree and removed the sweet “cashew apple” fruit that was attached above and the potentially toxic shell. They then roasted the cashews over a beach fire.

Each cashew nut is surrounded by a double shell containing anacardic acid, a resin that is a skin irritant and chemically related to the toxin in poison ivy. This shell is totally removed from the cashews we consume. On the other hand, it turns out that anacardic acid is a valuable antibacterial agent, useful against tooth abscesses.

The stir-fry below, rich in vitamins and minerals, features cashew nuts in the sauce and as part of the stir-fry mix.

Vesanto Melina is a dietitian and co-author of nutrition classics Becoming Vegetarian, Becoming Vegan, Becoming Raw, Raising Vegetarian Children, the Food Allergy Survival Guide and the Raw Food Revolution Diet. Personal consultations: 604-882-6782 or www.nutrispeak.com



Cashew and vegetable stir-fry

Makes 4 cups

For this stir-fry, you may use the vegetables listed below or others

such as asparagus, cauliflower, Chinese greens, daikon radish, mushrooms or mung bean sprouts. In a stir-fry, the denser vegetables such as onion are added at the beginning for longer cooking. The leafy or watery vegetables such as bok choy are added at the end. Chili garlic sauces can be found at Asian stores and many supermarkets; these can be hot so use more or less as you prefer. Serve over brown rice. To serve 3 or 4 people, double this recipe.

Sauce

2 Tbsp. cashew butter
1-2 tbsp. Chinese or Thai chili garlic sauce
1 tbsp. tamari, Bragg Liquid Soy or soy sauce
1 tbsp. water

Stir-fry

1 large red or white onion, sliced
1-2 tsp. olive oil or coconut oil
1 large carrot, sliced diagonally

1 cup broccoli florets, chopped
1 red pepper, diced
1 cup bok choy or Chinese cabbage, chopped
1 cup snow pea pods
1/4 cup cashew nuts

In a small bowl, stir together the cashew butter, chili garlic sauce, tamari and water to make a smooth paste. In preheated hot wok or skillet, cook the onion in oil over medium high heat for 3 minutes or until beginning to brown. Add the carrot and cook for 1 minute; add the broccoli and cook for another 30 seconds; then add the red pepper, bok choy and snow peas, cooking just long enough to heat through. Add the sauce, stir to combine, sprinkle with cashews and serve over rice.

Per half recipe: calories: 312; protein: 11 g; fat: 19 g; carbohydrate: 30 g; dietary fibre: 8 g; calcium: 157 mg; iron: 4.8 mg; magnesium: 134 mg; sodium: 889 mg; zinc: 2.5 mg; folate: 122 mcg; vitamin C: 147 mg; vitamin E: 4 mg.

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The local food access puzzle

ON THE GARDEN PATH Carolyn Herriot



photo by Peter Strcom Bromley

THE CONCLUSION of another fast-paced year approaches, one in which I have been immersed in discussions about food security issues and also witnessed many inspiring initiatives to jumpstart a local food revolution. It's no wonder so many British Columbians are concerned about food security; you only have to read the daily papers to realize that the situation has sunk to an all time low. Below are some key facts I gleaned from newspapers recently, which shed further light on the current puzzle about access to local food.

Fifty years ago, Vancouver Island farmers produced 85 percent of the Island's food. Today, Island producers provide only about five percent of the food consumed; the rest is imported at economic and ecological expense to us all. The cost to produce local food is much higher than

ucts, such as bread, farmers keep only about four percent, a figure that has not changed in two years. The middleman gets more of the food basket price while the farmer stays at 2008 levels.

Now a proposed trade agreement between Canada and the European Union could make it harder for public institutions like schools, hospitals and universities to buy local food. The Comprehensive Economic and Trade Agreement (CETA) would allow Canadian companies to export to the EU without meeting EU standards and regulations and *vice-versa*. The National Farmers' Union has launched a campaign against CETA, warning it will make it even harder for Canadian farms to stay viable. "CETA would mean many changes, but none more negative than its effect to extinguish farmers' rights to save and re-

Nearly one in three Canadians is overweight and about one in four is obese. The reason? Food is cheaper than in the past, especially unhealthy fast food, and people eat out more because they devote less time to preparing meals at home.

that of foods imported from countries that are unfairly subsidized and/or where labour and environmental standards range from questionable to non-existent. In many communities around the world, local economies have been decimated, as local food production supply chains have withered – the people who grow our food cannot feed themselves.

According to a 2010 study conducted by the Agricultural Producers Association of Saskatchewan, on average, Prairie farmers receive about 27 percent of every dollar spent on food, but for grain prod-

use seeds," stated NFU president Terry Boehm. "With powers such as those proposed in the CETA, seed companies will gain significant power over who farms and how."

According to the report *Growing Up in BC*, released on October 18, in 2008 the BC child poverty rate was 10.4 percent, 1.3 percent above the national average. (It has exceeded the national average since 2000). The poor continue to experience the impact of food with low nutritional value as well as rising food costs. We need to rebuild the social

ORGANICS

safety net with a fair minimum wage and a proper old-age pension so that people can afford to buy healthy food. We should also provide cooking classes on how to use fresh produce.

The Organization for Economic Cooperation and Development (OECD) ranked the weight of citizens of the world's richest countries. Canadians rated the sixth fattest people on the planet, behind Americans, Mexicans, the British, Australians and New Zealanders. Nearly one in three Canadians is overweight and about one in four is obese. The reason? Food is cheaper than in the past, especially unhealthy fast food, and people eat out more because they devote less time to preparing meals at home.

BC's Auditor General John Doyle warned that the Agricultural Land Commission (ALC) must make changes so it does a better job of protecting farmland. Vancouver Island has seen shrinkage of 13 percent in land covered by the ALR in the past 36 years. In BC, as a whole, there was a six percent increase; this pertains to land situated up north, which is hardly prime land for farming and there is no fair trade-off for losses in the south. The ALC is swamped with proposals from developers and it needs more support to do its job, which includes land mapping and enforcement. The ALC also needs adequate funding. Doyle notes the ALC's budget this year was 30 percent below funding in 2002.

In August of this year, BC Statistics released its PEOPLE 35 (Population Extrapolation for Organizational Planning with Less Error) population projection. By 2036, BC's population will be almost 6.1 million and almost one-quarter of BC residents will be aged 65 or older. As a result of the dramatic increase in the proportion of seniors in the population, the ratio of elderly dependents on working-age people (18 to 64) will double to four dependents for every 10 potential workers by 2036. The growth in the senior population will place heavy demands on societal institutions, not the least of which are healthcare and housing. In 2009, seniors 80+ accounted for four percent of the population; by 2036 this age group will account for more than seven percent.

It does not take a crystal ball to realize that we need to invest in small-scale, diversified local food production, both on organic farms and in dense urban areas. The next question is how to provide the next generation of farmers access to land to grow the food to meet the demands of the future.

Carolyn Herriot is the author of *The Zero Mile Diet – A Year-round Guide to Growing Great Organic Food*. (Harbour Publishing). <http://earthfuture.com/gardenpath/>

photo by Peter Sircom Bromley

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You are responsible for your life. You can't keep blaming somebody else for your dysfunction. Life is really about moving on. – Oprah Winfrey

Life is such an interesting journey and part of being human is the attempt to understand the meaning of it all. The meaning we ascribe to our experiences depends on our perspective. Think of viewing something under a microscope. Imagine we have a blade of grass. It looks green and solid to our naked eye. Put it under a microscope at a low 2power and what we now see looks quite different. If we were not aware of any other viewing powers, we would think we knew the structure of that blade of

This is so embarrassing!" Her ego tries to convince him to change his mind and when that does not work, her anger escalates. She may not consider his perspective at all because, at this point, it is all about what he has done to her.

If, in time, she is able to expand her perspective, she may realize there were things in the relationship that were not really working for her. But she had convinced herself that things would get better after they married and she was all caught up in the drama and excitement of wedding planning.

She may eventually reach a more expansive perspective, feeling thankful that he had the courage to do something so difficult because he knew he had to

We can either choose to stagnate in the swamp of blame, recrimination and victim consciousness or we can pull ourselves out of it, climb to higher ground and perhaps even fly.

grass. Of course, we know that, with the right equipment, we can see things at the atomic and subatomic levels.

In examining our lives, there are many different levels of awareness and understanding, each allowing a different perspective. The perspective we choose will determine our reality. The perspective of ego tends to be narrow and inflexible. Think of a child who wants a particular toy or treat. The parent says "no," intending to act in the best interests of the child. The child sees only that the parents thwarted his desire so he is mad and they are bad parents. He is really not interested in any of their reasons.

Imagine a man a few months before his wedding telling his partner he cannot go through with it. He has realized there are major areas that just do not fit. Perhaps what worked when they first met five years ago no longer does. Hard as it is, he thinks it better to be honest than to go through a charade only to divorce later.

Of course, there will be strong emotions on the part of the woman. She is devastated. The ego perspective is in the forefront, which is natural. The question is with time, will she be able to look at things from a different perspective. The ego perspective is "You jerk! How can you do this to me? You made a promise. The invitations are out, the facilities booked and the photographer and flowers are arranged; it's too late to back out.

live his truth. She may come to understand that, when we act in accordance with our highest good, it serves the highest good of all involved, whether they see it at the time or not.

Contrast this with someone who never moves beyond the initial perspective, remaining hurt and bitter, deciding never to trust a man again. We can see this same kind of limiting perspective in people who blame their parents for all their adult problems, reliving all the hurts from childhood as if they just happened yesterday.

Ego can hold on to its position, refusing to forgive and unable to move on. When we take a more expansive perspective and assume responsibility for our own lives, we think of how our experiences, however difficult, can make us stronger. We also reflect on the kinds of wisdom we can gain and perhaps even use that wisdom to give something to the world that raises the consciousness of others. This is how we evolve. We can either choose to stagnate in the swamp of blame, recrimination and victim consciousness or we can pull ourselves out of it, climb to higher ground and perhaps even fly.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books and CDs, visit www.gwen.ca See display ad this issue.

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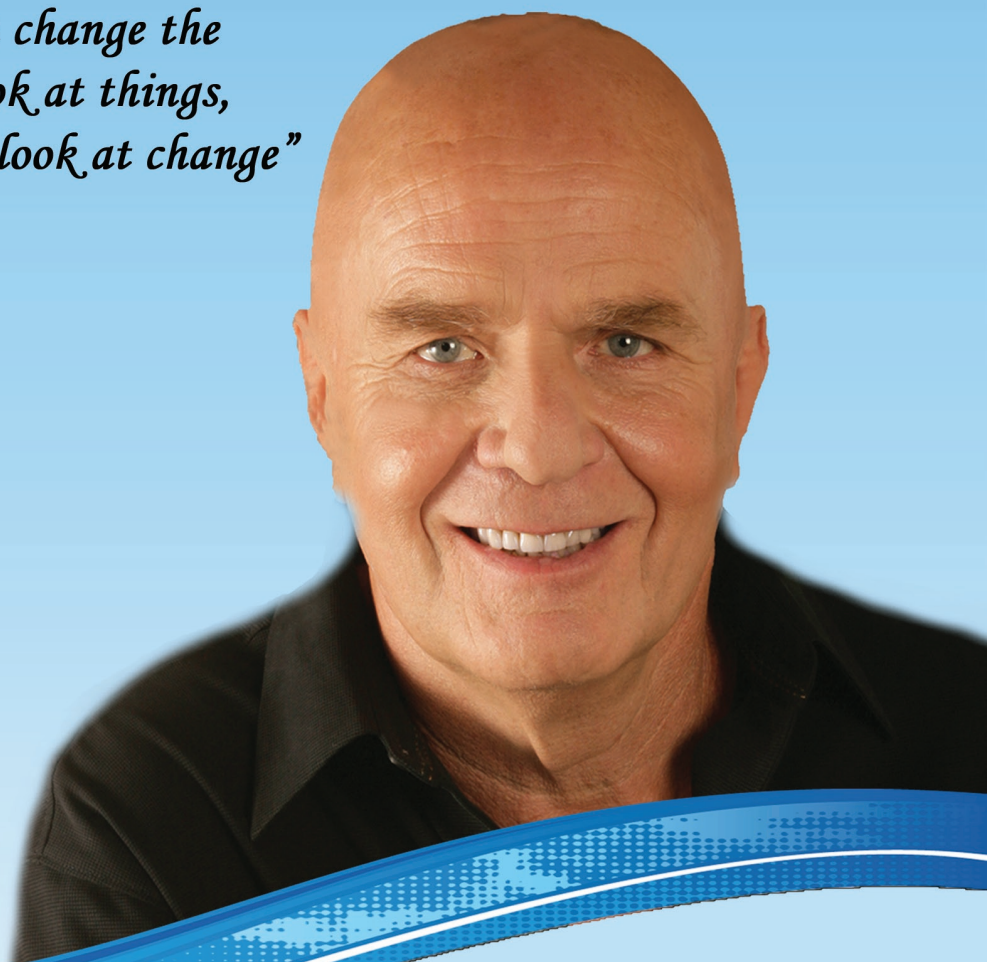
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Spiritual realization

A NEW EARTH Eckhart Tolle

WHAT IS spiritual realization? The belief that you are spirit? No, that's a thought. A little closer to the truth than the thought that believes you are who your birth certificate says you are, but still a thought. Spiritual realization is to see clearly that what I perceive, experience, think or feel is ultimately not who I am, that I cannot find myself in all those things that continuously pass away. The Buddha was probably the first human being to see this clearly, and so *anata* (no self) became one of the central points of his teaching. And when Jesus said, "Deny thyself," what he meant was: Negate (and thus undo) the illusion of self. If the self – ego – were truly who I am, it would be absurd to "deny" it.

What remains is the light of consciousness in which perceptions, experiences, thoughts and feelings come and go. That is Being; that is the deeper, true I. When I know myself as that, whatever happens in my life is no longer of absolute, but only of relative, importance. I honour it, but it loses its absolute seriousness, its heaviness. The only thing that ultimately matters is this: Can I sense my essential Beingness, the I Am, in the background of my life at all times? To be more accurate, can I sense the I Am that I Am at this moment? Can I sense my essential identity as consciousness itself? Or am I losing myself in what happens, losing myself in the mind, in the world?

All structures are unstable

Whatever form it takes, the unconscious drive behind ego is to strengthen the image of who I think I am, the phantom self that came into existence when thought – a great blessing as well as a great curse – began to take over and obscured the simple, yet profound, joy of connectedness with Being, the Source, God. Whatever behaviour the ego manifests, the hidden motivating force is always the same: the need to stand out, be special, be in control; the need for power, for attention, for more. And, of course, the need to feel a sense of separation, that is to say, the need for opposition, enemies.

The ego always wants something from other people or situations. There is always a hidden agenda, always a sense of "not enough yet," of insufficiency and lack that needs to be filled. It uses people and situations to get what it wants and even when it succeeds, it is never satisfied for long. Often, it is thwarted in its aims and, for the most part, the gap between "I want" and "what is" becomes a constant

source of upset and anguish. The famous and now classic pop song (*I Can't Get No*) *Satisfaction* is the song of the ego. The underlying emotion that governs all the activity of the ego is fear. The fear of being nobody, the fear of nonexistence,



the fear of death. All its activities are ultimately designed to eliminate this fear, but the most the ego can ever do is to cover it up temporarily with an intimate relationship, a new possession or winning at this or that. Illusion will never satisfy you. Only the truth of who you are, if realized, will set you free.

Why fear? Because the ego arises by identification with form and deep down it knows that no forms are permanent, that they are all fleeting. So there is always a sense of insecurity around the ego even if on the outside it appears confident.

As I was walking with a friend through a beautiful nature reserve near Malibu in California, we came upon the ruins of what had once been a country house, destroyed by a fire several decades ago. As we approached the property, long overgrown with trees and all kinds of magnificent plants, there was a sign by the side of the trail put there by the park authorities. It read: Danger. All structures are unstable. I said to my friend, "That's a profound sutra [sacred scripture]." And we stood there in awe. Once you realize and accept that all structures (forms) are unstable, even the seemingly solid material ones, peace arises within you. This is because the recognition of the impermanence of all forms awakens you to the dimension of the formless within yourself, that which is beyond death. Jesus called it "eternal life."

The ego's need to feel superior

There are many subtle, but easily overlooked, forms of ego that you may observe in other people and, more important, in yourself. Remember: The moment you become aware of the ego

photo © Pikel | Dreamstime.com

SPIRITUALITY

in yourself, that emerging awareness is who you are beyond ego, the deeper "I." The recognition of the false is already the arising of the real.

For example, you are about to tell someone the news of what happened. "Guess what? You don't know yet? Let me tell you." If you are alert enough, present enough, you may be able to detect a momentary sense of satisfaction within yourself just before imparting the news, even if it is bad news. It is due to the fact that for a brief moment

for this reason. In addition, gossiping often carries an element of malicious criticism and judgment of others and so it also strengthens the ego through the implied but imagined moral superiority that is there whenever you apply a negative judgment to anyone.

If someone has more, knows more or can do more than I, the ego feels threatened because the feeling of "less" diminishes its imagined sense of self relative to the other. It may then try to restore itself by somehow diminishing, criticizing or belittling the value of the other person's possessions, knowledge

Spiritual realization is to see clearly that what I perceive, experience, think or feel is ultimately not who I am, that I cannot find myself in all those things that continuously pass away.

there is, in the eyes of the ego, an imbalance in your favour between you and the other person. For that brief moment, you know more than the other. The satisfaction that you feel is of the ego and it is derived from feeling a stronger sense of self relative to the other person. Even if he or she is the president or the pope, you feel superior in that moment because you know more. Many people are addicted to gossiping partly

or abilities. Or the ego may shift its strategy and instead of competing with the other person, it will enhance itself by association with that person, if he or she is important in the eyes of others.

Ego and fame

The well-known phenomenon of "name dropping," the casual mention of who you know, is part of the ego's strategy of gaining a superior identity

in the eyes of others and, therefore, in its own eyes through association with someone "important." The bane of being famous in this world is that who you are becomes totally obscured by a collective mental image. Most people you meet want to enhance their identity – the mental image of who they are – through association with you. They themselves may not know that they are not interested in you at all, but only in strengthening their ultimately fictitious sense of self. They believe that through you they can be more. They are looking to complete themselves through you, or rather through the mental image they have of you as a famous person, a larger-than-life, collective, conceptual identity.

The absurd overvaluation of fame is just one of the many manifestations of egoic madness in our world. Some famous people fall into the same error and identify with the collective fiction – the image people and the media have created of them and they begin to actually see themselves as superior to ordinary mortals. As a result, they become more and more alienated from themselves and others, more and more unhappy, more and more dependent on their continuing popularity. Surrounded only by people who feed their inflated self-image, they become incapable of genuine relationships.

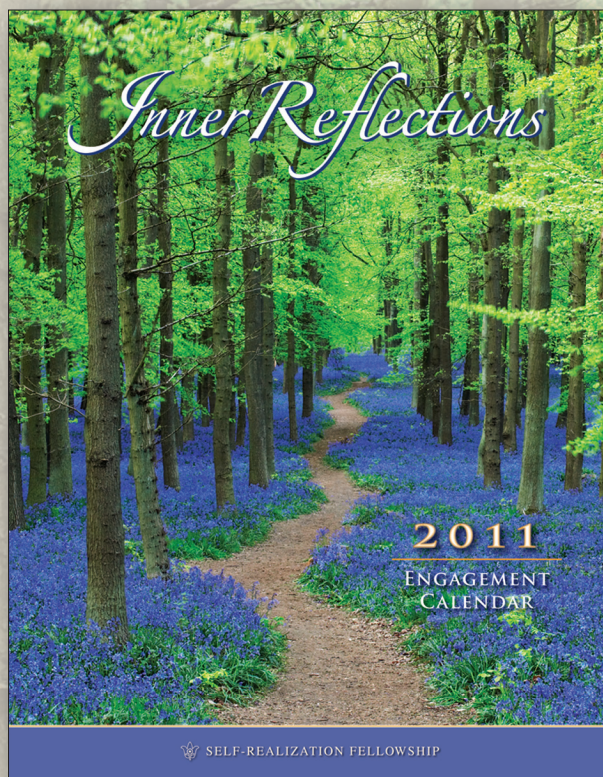
Albert Einstein, who was admired as

almost superhuman and whose fate it was to become one of the most famous people on the planet, never identified with the image the collective mind had created of him. He remained humble, egoless. In fact, he spoke of "a grotesque contradiction between what people consider to be my achievements and abilities and the reality of who I am and what I am capable of." This is why it is hard for a famous person to be in a genuine relationship with others. A genuine relationship is one that is not dominated by the ego with its image making and self-seeking. In a genuine relationship, there is an outward flow of open, alert attention toward the other person in which there is no wanting whatsoever. That alert attention is Presence. It is the prerequisite for any authentic relationship.

The ego always either wants something or, if it believes there is nothing to get from the other, it is in a state of utter indifference: It doesn't care about you. And so the three predominant states of egoic relationships are: wanting, thwarted wanting (anger, resentment, blaming, complaining) and indifference.

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NEWSBYTES

Consumers paying more for food

Consumers are paying more for food at the grocery store with a sizeable percentage going to processors, marketers and other middlemen. That's the finding of a study commissioned by three Prairie farm organizations: Keystone Agricultural Producers of Manitoba, Agricultural Producers Association of Saskatchewan and Wild Rose Agricultural Producers of Alberta.

This is the third year of a study examining the cost of a healthy food basket for a family of four. The food was purchased at a Winnipeg Safeway in May. This year, the total food cost before taxes was \$198.95. That compares to \$194.23 in 2009 and \$188.22 in 2008. The farmers' share of the food basket is 27.1 percent. That's the same as 2008 and one percent higher than last year.

The table below shows that depending on the food group, the farmers' share ranged from just over four percent for grain products and up to 51 percent for milk. The study found that less-processed foods like vegetables often show a greater return to the farmer. In the case of bread or other grain products, the actual return to the farmer is extremely small. For example, a loaf of bread cost \$1.29. The farmers' share was 7.8 cents.

Percentage of farmers' share of four food groups:

	2008	2009	2010
Vegetables & fruit	29%	25%	28.4%
Grain products	4%	5%	4.3%
Milk & alternatives	47%	53%	51.1%
Meat & alternatives	28%	22%	25.1%

Source: British Columbia Agriculture Council (BCAC) www.fcc-fac.ca/news-letters/en/express/articles/20100917_e.asp#story_1

Greens call for legal protection of BC coastline

Elizabeth May and the federal Greens have called for a multi-partisan, legislated ban on oil tanker traffic in BC's Coastal Waters. In solidarity with Vancouver activists raising the alarm over oil tankers servicing the Alberta tar sands ploughing through BC's southern coast into Vancouver Harbour, the Green



Party of Canada renewed its call for a legislated ban on oil tankers along the entire BC coast.

Since 2007, the federal government has quietly allowed up to 700,000 barrels of tar sands crude oil to be shipped from Kinder-Morgan's Burrard Inlet terminal in Vancouver each week, through the Strait of Juan de Fuca by Victoria and the Strait of Georgia by Saanich and the Gulf Islands. Plans are underway for a five-fold increase in oil tanker traffic through the region in coming years in order to service the expansion of the Alberta tar sands to access Asian and international markets.

"In the House, the Minister of Natu-

ral Resources has described the oil tanker ban as voluntary. And under cover of loose terminology, oil tanker traffic on BC's coast is on the rise. Since they came to power in 2006, the Harper Conservatives and Saanich – Gulf Islands MP Gary Lunn have shown themselves to be the strongest proponents of increased oil tanker traffic and expansion of the Alberta tar sands that is driving this whole process along," stated Elizabeth

May, national leader of the Green Party of Canada. "We must reverse this trend with multi-partisan cooperation for a federal, legislated ban on oil tanker traffic along Canada's entire West Coast. I will be working to mobilize the Green Party membership and approaching the other parties to see that this happens."

www.greenparty.ca

Grizzly bears threatened by major ski resort

The Jumbo Valley is smack in the middle of one of North America's most important transboundary wildlife corridors and the BC government is about to decide whether or not to allow a major ski resort to be developed here. Grizzly bears use the Jumbo Valley, in the Purcell range to get to and from the Purcell Wilderness Conservancy. The conservancy is a safe place for wildlife like grizzlies, with good habitat, food and, most importantly, no human development.

Please take 60 seconds to write to Premier Campbell (go to <http://www.keepitwild.ca/act>) insisting that the BC government reject the development of the Jumbo Glacier Resort and keep the Jumbo Valley wild forever.

For two decades now, Kootenay residents, including the Ktunaxa Nation, have opposed the Jumbo Glacier Resort, which would convert thousands of hectares of wild land into real estate and boost human recreation at the expense of species protection.

Source: www.davidsuzuki.org

Donate old computers to charity

The Electronic Recycling Association (www.era.ca) is a non-profit organization dedicated to reducing the impact electronic waste has on the environment. The organization collects old computers and electronic equipment from various companies, individuals and government organizations.

If the equipment is reusable, ERA refurbishes it and donates it to various charities and non-profit organizations. If the equipment can definitely not be reused again, it is recycled at government-registered recyclers. Currently, ERA is trying to fill thousands of outstanding charity requests. The non-profit provides a full range of secure data destruction or data removal upon request and provides a pick-up and drop of service at various locations. The organization has offices in Vancouver, Calgary, Toronto, Edmonton and Montreal, with partnerships in every major city in Canada.

The three biggest donors annually win an all-inclusive, fantasy getaway to Fairmount Chateau, Lake Louise. www.era.ca

HST Recall Recruitment Campaign continues to build momentum across BC

As of October 25, fight HST lead organizer Chris Delaney said the biggest gain was made in Don McRae's Comox Valley riding, which shot up from 90 to 140 canvassers in one week putting them solidly in fourth place behind Oak Bay Gordon Head in first

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place with 189 canvassers, followed by Cariboo-Chilcotin in second place with 174 canvassers and Kamloops North in third with 162 canvassers.

“Most of the ridings with big numbers saw an even larger jump this past week probably due to voter anger over the Basi-Virk deal made by the government,” said Delaney. “That only fuelled the anti-HST fire. People are furious with the government and there can be no question that is adding momentum to our Recall campaign.”

Delaney says Boundary-Similkameen with 139 volunteers and Saanich North with 132 are in a tight three-way race for 4th place with Comox Valley. He says Parksville-Qualicum and Maple Ridge Mission are in 5th and 6th place, with 132 and 106 volunteers respectively.

“It is very competitive right now in eight of the 18 ridings. The other 10 all have a solid base of canvassers that even now could launch successful Recalls with the right strategy. For example, Kelowna has a collective total of 135 canvassers signed up and there is talk of pooling their resources and targeting one candidate instead of three there,” said Delaney. “With three weeks left to go it is anyone’s race to win, except the Liberals’ of course,” he concluded.

“Fox News North” abandons push for forced access

by Ricken Patel, www.avaaz.org

We’ve won an amazing victory against crony-media in Canada! “Fox News North” abandoned its push for forced access to our cable fees; 83,000 of us signed the petition, 25,000 sent letters to the CRTC and 4,000 donated over \$115,000 and [in the first week of October] SunTV, seeing it could not win, dropped its request to the government to force cable companies to carry them. A huge congrats to everyone on this amazing victory for Canada.

It wasn’t easy. The Sun media empire threw everything it had at

us – smear pieces, legal threats, even insider knowledge of sabotage of our campaigns – but our united voices proved more powerful than even a Harper-allied corporate giant. In late September, our campaign caused the resignation in disgrace of SunTV chief and former Harper spin-doctor Kory Teneycke, after we pressed for an RCMP investigation into the sabotage of our petition by people linked to Teneycke. While significant, Teneycke was replaced by another scandal-ridden spin-doctor for another conservative Prime Minister.

But the decision to abandon the forced access to our fees is a huge deal. “Fox News North” (SunTV) has admitted that, if given a free choice, Canadians won’t watch it enough to make it profitable. That’s why it sought a special licence from the CRTC that would force cable companies to carry it and why the press warned the CRTC was under pressure from the Harper government to grant this licence. So the success of our people-powered campaign could mean the end of this attempt to bring a poisonous brand of crony-media to Canada. Hooray!

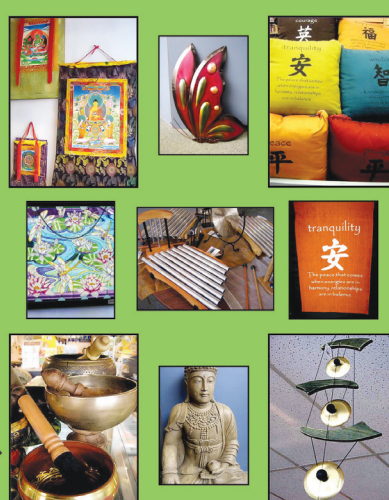
Harper’s radical-right clique has launched a full scale assault on our democracy – forcing out top civil servants for refusing to be politicized, controlling press access to government like never before, even shutting down our Parliament when it suited them. A 24-hour propaganda news channel that backed their every move, no matter how outrageous, could have been a headshot to our country’s democratic character. This victory is Canadian democracy’s resilient response, and it’s beautiful. Thank you. With gratitude and excitement for all we can achieve together in the future, Ricken, Emma, Laryn and the whole Avaaz team.

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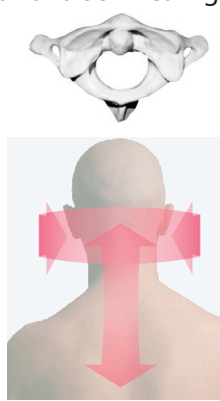
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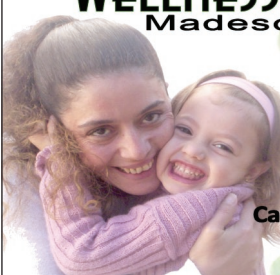
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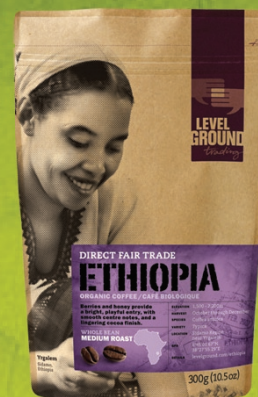
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The Cheshire Cat's smile

article and photo by Geoff Olson

one family's experience with dementia

IT STARTED, as dementia often does, with language. In her late seventies, my mother began to hit speed-bumps in her bedtime reading and was unable to recognize words she once knew. Less than a year later, this former social dynamo was a shrunken wraith, sitting at my side with a plush toy duck in her lap. "So, darling," she said, patting the duck on the head and gazing into its fabric eyes. "So, darling," she repeated, unable to say much else. She turned to me and laughed and I laughed too. And it was kind of funny; she had attached her earrings to the duck's head.

Back when my mother still had insight into her decline, and feared for the future, my sisters and I made a pact with her. Whatever happened, we would support her all the way and try to keep our sense of humour in the process. We agreed to laugh. My mother, who was always the best laughter among us, thought that was a good plan.

We managed to keep to our pact over the months that followed, although there were plenty of humour-free moments. On her first visit to a neurologist, my mother hit the jackpot at a simple cognitive test for dementia (questions like what day is it, what season, what kind of car do you drive, and so forth). Settling back in his chair with a pen to his lips, the neurologist asked me if anyone in the family was concerned about her driving. "No," she responded, and I gently but firmly disagreed. He revoked her driver's licence on the spot and this earned me some blistering, short-term resentment from my mother, who blamed me for consciously curtailing her autonomy. But the resentment did not last. Within months, she had forgotten about the incident, her car and much else.

The prognosis was not good and there was nothing science could do for Mary Elizabeth Olson other than alleviate her anxiety through medication. The doctors diagnosed her with frontal-temporal lobe dementia, which progressed very quickly. It appeared a cascade of small strokes was responsible for her cognitive decline.

The Grim Reaper's instalment plan

At age 65, there is a one in 20 chance of developing dementia. By the age of 85, the odds are one in three. Currently, there are no known cures for dementia, an umbrella term for age-related cognitive decline, which includes the most common form, Alzheimer's. Mild cognitive impairment can shade into full dementia and there is little evidence that brain fitness exercises like crossword puzzles or card games work to delay the condition. It's the Grim Reaper's instalment plan; each passing week or month, a few more memories or skills are scythed away.

The bigger picture is alarming. About 35 million people across the world have dementia, according to European researchers. They estimate this figure will double every 20 years, to nearly 66 million in 2030 and 115 million in 2050. Not surprisingly, the costs associated with caregiving for dementia patients are staggering. The global cost of dementia will likely exceed \$604 billion this year, or one percent of the world's gross domestic product. In Canada, we are looking at a public healthcare catastrophe in the making.

As a family, we were better off than many others in a similar situation, in terms of options. My parents had saved a modest amount of money and were living mortgage-free. However, my father had been in poor health for almost 10 years and my mother had been his caregiver. Their roles had now reversed. My dad was something of a control freak and this was the ultimate out-of-control situation.

During the weekdays, mom went off to the social club at their condo complex, to play bridge with her friends. But her self-insight was now in decline, along with her speech. She was unaware her speech was turning to jabberwocky. What she did know was that her bridge associates were starting to avoid talking to her. She became convinced they were no longer friends at all, when, in fact, they were greatly concerned over the growing language barrier.

Within a year, Mary Elizabeth Olson's self-insight had evaporated. She stayed home, where her confusion deepened and shaded into an extended reverie, punctuated by compulsive actions and episodes of testiness. I came to dread her phone calls, which would start with prolonged silence and invariably end in stammered words and confusion. She kept asking me for assurance that "they" were not going to put her in a "fill." No, of course not, I'd reply. Later on, we figured out she meant a long-term care 'facility.'

My mother was the glue that kept our fractious family together and as she came apart, we struggled to find our own binding force. We wrestled with 'momspeak,' trying to decode the ingredients that went into her word salad. She would tell us in halting words about some blonde woman who would look directly at her but say nothing. We later figured she was talking about a weathercaster on a local news channel. Delusional thinking, which often accompanies dementia, had joined her creeping aphasia. Anxiety made it a threesome. For a time, these were my mother's daily companions after the absence of her bridge partners.

"I don't know anything, not a thing," she said to me in the kitchen one day. "I know it all. I know about it all!" she exclaimed a few hours later. That about covered it. One day, my mother brightly announced that one of her friends – one of the visiting angels of mercy from the bridge club – had told her she'd "live forever." The next time I visited, I found her clutching the clothes in her bedroom closet. "I'm going to die," she said, her eyes full of tears. I assured her she wasn't and asked my dad if she was getting her medication. Sure enough, he was missing the dosage schedule. Risperidol, an antipsychotic drug, kept my mother on an even keel.

Catching a phantom bus

For a man to lose control – emotionally, economically or any which way – was seen as weakness or failure by my father's generation. Dad was now doing the minimal chores mom could no longer perform, and doing them poorly. He was experiencing chronic pain from osteoarthritis and he was in deep denial, refusing to accept that his wife was losing it. My sisters and I were doing tag-team duties, going to their house to attend to their basic needs, taking my mother out to buy groceries and other chores. As one benchmark of domestic self-sufficiency fell after another, we broached the subject of home care. Deflated by the unmanageability of his domestic situation, he reluctantly signed off on power of attorney to his children.

But my ex-Air Force father was tilting at windmills all the way, his judgement clouded by heavy medication. "You're getting away with murder!" he roared, after my sister and I insisted on paying for extra help. He reluctantly agreed to this, but then changed his mind, telling home care workers arriving at the apartment to go away. There was no need for extra help, he insisted, even though my mother was now incapable of preparing their meals and my father's culinary skills went no further than the can opener.

This is where I drew the line. I told my father this wasn't about him, it was about his wife and our mother. One sister took up the burden of paperwork and medical arrangements and, later on, another sister stayed with my mother for an eight-week stretch. I dealt with miscellaneous duties and the frequent emergencies, like when my mom began to pack her purse with random objects and wander off to catch a phantom bus at the corner.

The home care workers settled in for their shifts and my mother adapted well to their oversight, but now she was terrified of visits to the doctor. Even a simple eye test

agitated her greatly. We no longer saw the point of taking her for an eye exam, or anything else minor, since her first impulse was to bolt from scary medical equipment.

Luckily, the Vancouver Coastal Health Authority proved to be a godsend for my mother, and us, as we navigated the rising waters of her cognitive Katrina. At the outset of the decline, they were ready with a geriatric team to assess her condition and help steer us through the storm. Their professionalism was second to none.

Having gone through all this, and recognizing the costs of home care and semi-subsidized extended care, I think, Good Lord, how are aging boomers going to afford their own decline, to say nothing of the Gen-X wageslaves surviving by contract work in an unstable economy? What future is there for the aging seniors of a shrinking middle class? Aging millionaires like the Rolling Stones may be able to afford their approaching infirmity, but I can't imagine how their aging fans will handle their own Steel Wheels Tour.

Her art belongs to Dada

One day my mother greeted me at the door, her hands out by her head as if she were pantomiming a large hat. "You're here for the cheese?" she asked with a grin. I had no idea what she was talking about. I laughed and she laughed too. "Her art belongs to Dada," added my sister, who always believed that when it came to puns, it was better to give than to receive. We were all keeping our part of the humour bargain as long as possible.

The only thing that hadn't changed was my mother's joy at recognizing us and her ever-present smile. As the rest of her began to fade away, the smile lingered on, like Lewis Carroll's Cheshire Cat.

I discovered another companion for my mother: music. In his most recent book, *Musiconophilia*, Oliver Sacks notes the well-known health benefits of music, for both the healthy and the sick. "It is a remarkable thing that even in the worst cases of dementia, that there is still a self to be called upon, even if music, and only music, can do the calling," writes Sacks. My mother always appreciated the CDs I made for her and I took to making more of them. "Isn't that lovely," she'd say, sitting on the couch with her duck, listening to the soprano voices weave through the *Flower Drum Song*. She would sometimes lose herself in music, taking halting steps around the living room, lightly clapping her hands together.

Mom was descending further into silence. The hide-a-bed in the living room was pulled out in the daytime for her to rest. When I dropped by for a visit, I would sometimes lie next to her, while my father watched TV in the den. I'd hold her hand and try not to cry so I wouldn't upset her.

'Dad Quixote' and the place without maps

'Dad Quixote,' shuffling around the apartment in his pajamas and narcotized by a television blaring CNN, continued to tilt at windmills. He could be generous, but only on his terms, when it suited him. Mom's dementia did not suit him. Twenty-four-hour home care was not an option, he informed us, though we went ahead with plans anyway. One night, he slipped and fell in the bedroom and broke his hip. When the home care worker arrived at the front door in the morning, there was no response to their knocks. (The door was locked with a chain on the inside so my mother could not wander off.) Firefighters arrived and forced a window to get in. My mother stood in the kitchen clapping her hands together as the men tumbled through the jimmied window. Apparently, she thought it was a party. "Your mother just ignored my calls for help," my father told my sisters later in the hospital. To the very end, he was unable to fully accept his wife's condition and not just because his default setting was denial. He loved my mother with a passion.

He died in the hospital a few days later, with me at his bedside. A deeply taciturn yet honest man who loved his children, he was at peace at last. My mother burst into tears when she saw me later that night – she knew enough to know the strangely familiar man, who so often annoyed her, was gone for good.

We were committed to keep mom in her own home as long as possible. One of my sisters moved in and, with the support of private care workers, we managed for a few months, until my mom began to refuse assistance in personal hygiene. Thanks to the Vancouver Coastal Health nurses, she was in an extended care facility nearby within days. Over the next few months, her words dwindled to a few pleasantries and eventually she grew silent. Often she appeared vacant and seemed like she was hardly there at all. But the Cheshire Cat smile always returned on the next visit.

In western culture, there is a persistent notion that aging is some kind of trick that nature plays on us, a cruel hoax to be remedied – or at least postponed – by science. The only sure thing in life, death, is regarded as existential Ebola. Yet if there's one central lesson science teaches us, it's that permanence doesn't last. Without the continuous game of transformation, there'd be nothing happening at all. For hairless apes with big brains, stuck halfway between the scales of the quantum and the cosmos, this is the entrance fee for self-consciousness: the full awareness of our own temporality.

"Science has 'explained' nothing; the more we know, the more fantastic the world becomes and the profounder the surrounding darkness," wrote novelist Aldous Huxley. My mother has retreated into that no-man's land between light and darkness. We're losing her to a place without maps – a place to which we will all return. Considering how recent and changeable our science, it would be folly to attempt a cartography of the unknown. Post-mortem existence or nonexistence? We will just have to wait to find out – or not find out.

In 1950, a distraught father who had lost his young son wrote to Albert Einstein, asking for some comforting words. Einstein's response: "A human being is a

If I wait long enough, the Cheshire Cat smile returns. I am not certain she recognizes me anymore; likely not. Yet I've been having the strange sense that my mother, in her final days, has become something of a teacher to me.

part of the whole, called by us 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separate from the rest – a kind of optical delusion of his consciousness." We are part of something much greater than our ego-bound conceptions, Einstein insisted. And there are times when the veil drops, often during moments of transformation, trauma or illness – and even joy or ecstasy. At these times, there are hints that a human being may be something more than just a quivering bag of protoplasm with a best-before date.

My mother knew nothing about my father's condition in the hospital. During his final moments, she was at home at their condo with my wife. At one point, she shuffled to his room and waved at the bed, saying goodbye. She then took my wife's hand and toddled over to the condo balcony, overlooking the city. "Goodbye, goodbye," she repeated, waving to the sky. "It was totally abnormal behaviour for her," my wife said later. "It made the hair on the back of my neck stand up."

A flickering light

My father called my mother's decline a "bloody crime," and the whole thing has been undeniably tragic – especially his own barely articulated rage against the dying of the light. My sisters and I were lucky in a certain sense, considering what some families go through with parents in the grip of dementia or Alzheimer's. My mother was not abusive or violent, just unpredictable. As time went on, her condition wasn't so much awful as autumnal; she became like a brown, withered leaf still attached to the branch, with a flash of green at the stem.

In past visits, I have held my mother's hand with its paper-thin skin. It wasn't so long ago that my hand was small and fragile in hers. Every day, she is growing more insubstantial. Her smile still weakly returns, though less frequently. Her toy duck sits by her in the bed, untouched. A small iPod on her bedside table plays her favourite music, but there is no indication the melodies are reaching her. We play the music anyway, unsure of what she can and cannot receive. When I have brought flowers for her, I would hold them close to her nose. "Ohhh," she said once with a swoon. Inhaling the aroma, she momentarily reconnected to the world with all its fragrant, tactile particulars. But flowers no longer elicit a response.

It took only two years for this transformation, from her fumbled bedtime reading to her purgatorial state in extended care. She has been off all medication for some time and is seemingly calm and at peace. We can detect no agitation. Her expressionless face has softened her wrinkles, making for a strangely youthful appearance. When I sit next to her, it is like looking into the eyes of an infant.

And if I wait long enough, the Cheshire Cat smile returns. I am not certain she recognizes me anymore; likely not. Yet I've been having the strange sense that my mother, in her final days, has become something of a teacher to me. The exact lessons are hard to articulate. Everything in Mary Elizabeth Olson's life has been burned away, her memories of an active life

gone like cinders in the breeze, along with any coherent sense of self. Yet this adoring countenance flickers away, like a glowing ember. After all the miseries, fear and confusion of the past two years, this seems to be her remaining essence, unmediated and unmediated. Soon a curtain will descend on this as well. Her vegetative state will deepen and we will lose her to the place without maps.

One of the last times my mother spoke was several months ago, on a bright sunny day. She was hunched in her wheelchair and I went over to open the drapes. A shaft of light fell upon her and she responded in a quiet, awestruck voice, "How beautiful." I believe it was a moment of recognition. Like a survivor stepping through the rubble of war, the light within her had made its way across broken neural pathways to express kinship with the light outside her. In a transparent moment of lucidity, that final spark was mirrored in my mother's blissful, radiant face.

A neural pathway to peace

The Saltspring Centre

INSPIRATION

by Bruce Burnett

YOUR CELL phone won't stop ringing and those emails, each demanding an immediate response, keep piling up. You become an adrenaline and cortisol factory and that malevolent duo of stress hormones is further fuelled by that double-double you gulped in the car. "The brain is a wonderful organ," wrote American poet Robert Frost. "It starts working the moment you get up in the morning and does not stop until you get into the office."

We live in hectic times. According to studies at the US National Institutes of Health, approximately 90 percent of all illnesses are caused or aggravated by stress. And stress annihilates brain cells. Little wonder we are increasingly turning to Eastern contemplative traditions to assuage the slings and arrows of anxiety. By a wide margin, yoga tops the list of Eastern meditative practices in North America. According to NAMASTA, the North American Studio Alliance, 1.4 million Canadians now practice yoga, an increase of 45.4 percent from 2003. Furthermore, the Print Measurement Bureau, a Canadian non-profit agency measuring consumer behaviour, reports that about 2.1 million Canadians say they intend to try yoga within the next 12 months.

Yoga, however, is not new to Canadians, especially on the West Coast. In 1981 the Dharma Sara Satsang Society opened the Salt Spring Centre of Yoga on Salt Spring Island, itself a haven of rural peace and quiet. The Centre, housed in a renovated, 100-year-old farmhouse on 28 hect-



ares of beautiful meadows, forest and organic gardens, offers a peaceful, positive environment for the instruction and practice of classical Ashtanga Yoga as taught by yogi Baba Hari Dass.

The name Dharma Sara means "the essence of right living; through the paths of selfless service, devotion and self-study." A guiding principle of the Salt Spring Centre is karma yoga, or the performance of duty with an attitude of selfless service and enthusiasm. To this end, the Centre is staffed mostly by volunteers. Among its many goods works, this registered, non-profit charitable organization provides both financial and volunteer support to the Sri Ram orphanage in India.

There is no doubt about the healing power and therapeutic value of yoga and meditation, both of which have been practised for thousands of years. Modern psychiatry is animated with the new buzzword, *neuroplasticity*, substantiating that mental activity sculpts neural structure, meaning that changes in your mind can trigger enduring changes in your brain. As a survival mechanism the brain is predisposed to negativity. Just one unsuccessful encounter with a predator would mean the end for a prehistoric human. Palaeolithic man or woman had to be constantly alert and prepared for the worst. Unfortunately, as humans, we are still genetically programmed with this flight or fight mechanism and it is killing us. When stuck in a traffic jam or confronted with a hostile and intransigent boss or customer, we can neither fight

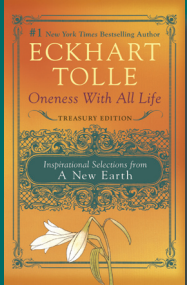
nor flee. The result: unbridled stress, high blood pressure, migraine headaches, insomnia, irritability and eventually cancer, heart disease and other diseases of modern society. It takes mindful effort to undo a million years of inherent programming. Studies show that one of the most effective methods is meditation, which yoga incorporates. An article published in the 2009 edition of the *Journal of Cognitive Psychotherapy* about the long-term benefits of meditation, states, "Meditation is believed to cultivate the tendency to observe and label present moment experiences nonjudgmentally and nonreactively and to lead to improved psychological functioning."

According to neuropsychologist and meditation teacher, Rick Hanson, author of *Buddha's Brain: the Practical Neuroscience of Happiness, Love, and Wisdom*, "Meditators have a thicker anterior cingulate cortex and insula (a part of the brain that tracks the internal state of the body); a thicker cortex indicates more synapses, capillaries (bringing blood) and support cells."

Yogacharya (yoga teacher) B.K.S. Iyengar tells us, "Yoga teaches us to cure what need not be endured and endure what cannot be cured." The Salt Spring Centre of Yoga offers a venue to do just that.

Based in Ladysmith, BC, Bruce Burnett is a chartered herbalist, an award-winning writer and author of *Herb Wise: Growing Cooking Wellbeing*. For more information about the Salt Spring Centre, visit www.saltspringcentre.com

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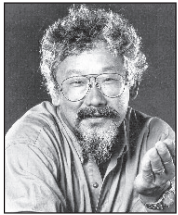
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Shady growing good for coffee

SCIENCE MATTERS David Suzuki with Faisal Moola

ENVIRONMENT

COFFEE IS the second most traded commodity in the world, after oil. And as with oil, the massive scale of production necessary to meet our insatiable demand for coffee results in an enormous ecological footprint. According to the UN Food and Agriculture Organization, more than seven million tonnes of coffee will be produced worldwide this year.

The thirst for coffee is growing rapidly in developing countries, like Indonesia, where coffee beans are grown and exported. And while citizens of wealthier nations are cutting their coffee consump-

internationally renowned bird expert who has studied the impacts of coffee production on neotropical birds, "Sun coffee is not a self-sufficient ecosystem – it can only be grown with large amounts of fertilizer, fungicides, herbicides and pesticides. There are no trees to shade the coffee plants and soil from the downpours of tropical rains; soil erosion and leaching is a big problem in sun coffee farms."

Troubled by the considerable environmental and social footprint of their favourite beverage, many consumers are looking for coffee that has been certified

Experts recommend you choose coffee that has been triple certified: organic, fair trade and "shade grown."

tion, people in Africa and South America are drinking more – thanks to increasing household incomes, population growth, changing tastes, and successful marketing. The US-based Starbucks coffee chain has even announced that it will open a shop in post-conflict Algeria, with plans to expand to 30 stores in Africa over the next two years.

With so many people drinking coffee (63 percent of Canadians drink, on average, 2.6 cups per day), growers have industrialized production to meet demand. They've done this by establishing high-yield monoculture plantations, spraying toxic pesticides and even developing genetically modified varieties that allow traditionally shade-grown coffee, like arabica, to be grown under more economically productive conditions in partial or full sunlight.

These industrial agricultural practices have proven successful in ensuring a steady supply of beans to world markets, but the environmental costs associated with much of the coffee consumed worldwide is too high, according to many scientists.

Most coffee sold in Canada is grown in open plantations on land that was once tropical or subtropical forest. Since the early 1970s, huge swaths of natural rain forest have been cleared in coffee-producing nations such as Mexico, as the industry has shifted from traditional shade production to "sun-grown." A sun-grown variety such as robusta can be planted at more than three times the density of arabica shade coffee; most of the mass-produced and instant coffees you see on supermarket shelves are grown in this way.

According to Bridget Stutchbury, an

as organic, fair trade, or otherwise sustainably grown. But with so many choices and confusing and difficult to verify environmental claims by businesses, experts recommend you choose coffee that has been triple certified: organic, fair trade and "shade grown."

Although it won't replace natural forests, growing coffee in shade using agro-ecosystem techniques does provide extensive understory and canopy cover from a diversity of tropical trees, providing a refuge for butterflies, birds and other wildlife. Studies have shown that shade coffee plantations can provide habitat approaching natural conditions. For instance, a study in the El Triunfo Biosphere Reserve in southern Mexico found the number of migratory bird species inhabiting a heavily shaded coffee plantation (30 to 35 species) approached that of a natural rain forest (35 to 40 species). In contrast, sun coffee plantations were used by fewer than five species.

As with food labelled organic or fair trade, consumers need a credible certification system to guarantee their cup of coffee has been produced in a way that doesn't harm bird and other wildlife habitat. One credible certification system for shade coffee is the "Bird Friendly" eco-label, which is awarded to producers who follow a rigorous audit and verification process by the Smithsonian Migratory Bird Center.

Switching to certified shade-grown coffee won't save the planet on its own, but it is one more simple way to lessen your environmental impact.

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Trade agreement with Europe threatens Canada's farmers

ENVIRONMENT

by Terry Boehm

of Plant Breeders Rights legislation. Canada is likely to agree to this demand because past Canadian governments have already tried to introduce these measures. It is only because of the National Farmers Union and its citizen allies that UPOV '91 is not already in place in Canada. Canada currently has Plant Breeders Rights legislation that is based on the much less restrictive version called UPOV 78. This is sufficient to live up to all of our trade agreement obligations. UPOV 91 would severely limit and could outright prevent a farmer from saving, reusing, exchanging and selling seed. This would be accomplished by the breeder, or their designate, having the exclusive ability to control the conditioning (cleaning and treating) and the stocking (storing or warehousing) of the seed. Control of seed is control of the food system and it concentrates immense power in a few hands. Farmers will find their precarious financial situation even more tenuous if they are forced to buy all their seeds, rather than saving some.

In addition, the provision of a cascading right in UPOV 91 would allow the

The fourth round of negotiations over a new trade agreement between Canada and Europe – CETA (Comprehensive Economic and Trade Agreement) – took place in Ottawa last month and yet few Canadians have even heard of this trade deal. Many Canadians might expect a trade deal with Europe to be a progressive step forward, but, in this case, the opposite is true. The trade deal threatens to give biotech, pharmaceutical, pesticide and seed and grain companies powerful new tools to force farmers to buy gene-patented seeds at high prices. Worse, it will almost entirely eliminate the rights of farmers to save, reuse, exchange and sell seed.

This so-called bilateral agreement between the European Union and Canada is, in reality, a deal between Canada and the 27 member states of the European

Union and, as such, it is hardly bilateral. That being said, the European Commission is negotiating this trade deal on behalf of EU member states and aggressively pushing an extreme right-wing agenda. Coupled with strong Canadian leanings in the same direction, the agreement is providing a platform for our government to bring forward legislation that would likely never pass on its own. Essentially, CETA is a “lets get it in the back door” approach from both sides of the Atlantic. This is exacerbated because the negotiation process is semi-secret where the “parties” have agreed not to disclose the content of the text while negotiations are in progress.

The National Farmers Union was able to obtain a leaked draft text of the CETA agreement in March and the scope and reach of the agreement is breathtaking.

The deal would require compliance from all levels of government, including provincial and municipal. It is clear that the Europeans want access to our resources and access to all government procurement

The Europeans want access to our resources and all government procurement actions down to the municipal level, as well as all public institutions like hospitals, public utilities, provincial insurance schemes, etc. This agreement is really a re-colonization of Canada, with our federal government laying down the welcome mat.

(purchasing) actions down to the municipal level, as well as all public institutions like hospitals, public utilities, provincial insurance schemes, etc. This agreement is really a re-colonization of Canada, with our federal government laying down the welcome mat. However, it is not just a re-colonization by Europeans, but colonization by international business interests via the European Commission.

Agriculture is subjected to a wide range of measures in this agreement. The procurement provisions would open up any agreement to access local food made by public hospitals, universities and all other government institutions. In addition, decisions to favour local businesses or disadvantaged sectors of the population would be severely handicapped by the procurement provisions of the CETA.

This trade deal could stop farmers from saving seed. The Europeans are calling for Canada to conform our legislation to The International Convention for the Protection of New Varieties of Plants 1991 Act (UPOV 91). This is a highly restrictive and powerful form

collection of royalties at any point in the food system. The so-called farmer's privilege is dependent on governments and is trumped by the above UPOV '91 provisions.

In those crops (and in the future, animals) with intellectual property rights attached as in Plant Breeder's Rights or gene patents, the EU is calling for the most chilling enforcement procedures ever seen. These provisions would apply to all patents, copyrights, etc. They are calling for the right to issue an interlocutory injunction to prevent infringement and to the right of precautionary seizure of all assets of an alleged infringer. This would mean that farmers could be issued an order to prevent planting a crop with their own seed. And if a farmer was alleged to have infringed, he/she could be subjected to the seizure of crops, land, equipment and the blocking of bank accounts before the court hears the case.

If these provisions are adopted, they will put every farmer at great risk of being accused of patent infringement, with the probable result that the *continued p.42...*

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Bill C-474 would “require that an analysis of potential harm to export markets be conducted before the sale of any new genetically engineered seed is permitted.”



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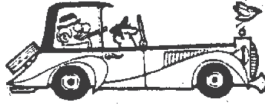
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You need chaos in your soul to give birth to a dancing star.

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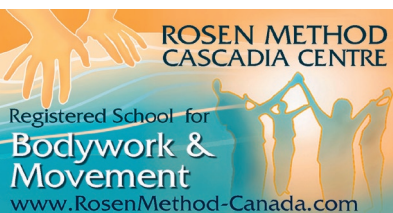
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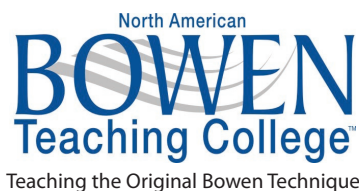
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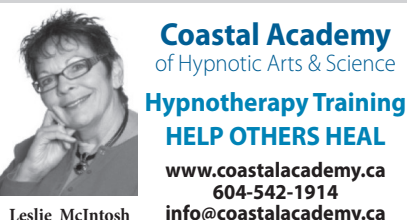
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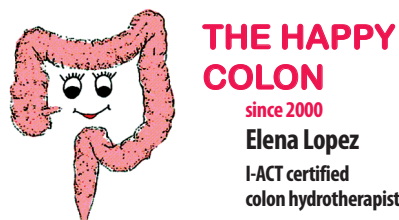


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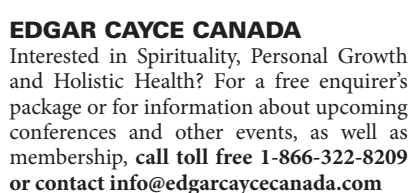
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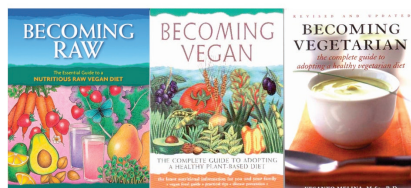
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— Dorothy Parker

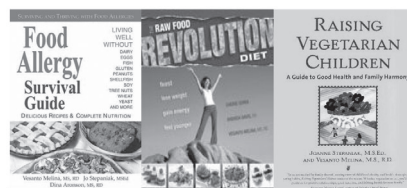
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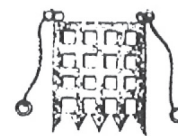
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Banned no more George Galloway speaks in Vancouver

by James Clark



George Galloway

EIGHTEEN months ago, Minister of Citizenship and Immigration Jason Kenney blocked then-British MP George Galloway from Canada, labelling him a terror supporter and a national security risk. At the time, Galloway was scheduled to appear in four Canadian cities on a speaking tour called "Resisting War: From Gaza to Afghanistan."

Galloway and his supporters protest-ed, saying the move was a crass political

attempt to silence criticism of Canadian foreign policy on Afghanistan and Palestine. Weeks before the ban, Galloway had led a humanitarian aid convoy to Gaza as part of an international campaign to break Israel's illegal blockade.

In September, after Federal Court Justice Richard Mosley issued his 60-page decision on the matter, Galloway and his supporters were fully vindicated. But you'd never know it from reading mainstream media's response to the decision. Most headlines declared that Galloway "lost" his appeal because the judge dismissed the case. Justice Mosley ruled that, since Galloway had not been denied entry into Canada at the border, a final decision on his admissibility had not been made. This meant that Justice Mosley had no decision to overturn. Consequently, Justice Mosley dismissed the case, but not before agreeing with every

other claim made by Galloway and his supporters. This is what most mainstream media seems to have missed.

The ruling is a victory for three reasons: First, it exposes and documents the Conservatives' attacks on Canadians' free-speech rights. Galloway and his supporters argued that Kenney's decision was purely a political one that had nothing to do with national security. Justice Mosley agrees: "[T]he evidence is that the government wished to prevent Mr. Galloway from expounding his views on Canadian soil. I agree with the applicants that, based on the evidence of the e-mails and public statements in the record, the concern with Galloway's anticipated presence in Canada related solely to the content of the messages that the respondents [the government] expected him to deliver."

Justice Mosley also acknowledges that

the "highest levels of government" tried to influence the outcome of a potential admissibility assessment by the Canadian Border Services Agency (CBSA) at a Canadian port of entry: "It is also clear that the preliminary assessment was prepared with the intention that it be used to justify a CBSA officer's determination that Mr. Galloway was inadmissible should he appear at the border."

This vindicates Galloway's concerns that he would be deemed inadmissible at the border, which is what he was told in a letter from the Canadian High Commission before he left the UK. Galloway was right to worry about the possibility of being detained indefinitely at the Canadian border or, worse, being returned to the US (where he was conducting a speaking tour at the time) for being a "national security risk" in Canada — an event that would have jeopardized *continued p.36...*

Inside Job a horror story

FILMS WORTH WATCHING

Robert Alstead



THE FACE of the financial crisis has taken many forms, from people lining up outside banks desperate to get at their savings to the dilapidation of newly built suburban homes that have been foreclosed on. *Inside Job*, a punch-packing documentary by Charles Ferguson, the director who previously picked through the wreckage of US Iraq policy in *No End in Sight*, goes straight to the top. It homes in on the architects of the unfinished credit crisis and asks how such a precarious financial edifice came into being and why its collapse reverberated around the world causing widespread grief and mayhem.

Inside Job is not really an exposé since many of the details of the financial debacle have been drip-fed to us over the years in the media and even in a few quick-out-of-the-stalls documentaries. Yet it feels like an exposé partly because it offers a uniquely succinct explanation of the events that led to what economist Nouriel Roubini calls “a cardiac arrest of the general financial system” in September 2008. But more importantly, director Charles Ferguson shows a willingness to challenge the ruling elite in a way that you rarely see in run-of-the-mill news reports.

Considering there are many talking heads, this is a gripping shocker of a story, involving shady deals, backhanders, unfettered greed, mass delusion and mind-

boggling amounts of money. It’s also put together in an elegant package, from a snappy opening montage set to Peter Gabriel’s *Big Time* to the slick cinematography of the final credits with its aerial shots of Manhattan. Matt Damon’s jargon-free narration and user-friendly graphics also help.

Inside Job starts in Iceland where flashy and unscrupulous private bankers managed to bankrupt a whole country. It goes on to explain how a steady erosion of US market regulation, going back to the Reagan era, got us into the deep doo-doo. The object of Ferguson’s carefully channelled ire is not so much the system, but the men who pushed it to the breaking point and walked away from the mess with billions in their pockets.

Here, Ferguson’s pointed interview style – and the merciless editing of those interviews – comes into its own. Yet not all are tarred with the same brush. The likes of billionaire financier George Soros and former Chairman of the Federal Reserve Paul Volcker (glass of scotch in hand) provide sage analysis. The disgraced Eliot Spitzer, who built a gleaming career fighting Wall Street crime until the prostitution scandal broke in 2008, is given a fair shake; a Manhattan madam tells us bankers were using her high-end brothel on the company payroll. It was common knowledge, but the law turned a blind eye.

But Ferguson pounces on evasion. Fred Mishkin,

who quit as Governor of the Fed at the height of the crisis to edit a textbook, comes across as a bumbling twit. Elsewhere, Ferguson, who is only heard but not seen, stops former Bush advisor David McCormick in his tracks with a “You can’t be serious” and McCormick demands the camera be turned off. When Ferguson pushes Glenn Hubbard, the Dean of Columbia Business School, the former Bush chief economic adviser fixes him with an icy glare and tells him, “You have three more minutes. Give it your best shot.”

Academia, like government, is shown to have been bought out. We learn that Mishkin and UK economist Richard Portes, for example, accepted six-figure fees for glowing reports that led to further de-regulation of the Icelandic financial system.

Many of the key targets of Ferguson’s ire – Larry Summers, Hank Paulson, Alan Greenspan, Ben Bernanke, the heads of ratings agencies and investment banks – were sly enough to refuse interviews, which is a pity, but not damaging to the film. There’s sufficient info on the public record and insiders’ anecdotes to reveal their role in the crisis.

Having laid out a catalogue of horrors, the film notes that, under Obama, it’s “business as usual.” As Roubini points out, there’s been no investigation into the crisis “because then you’ll find the culprits.” Hopefully, *Inside Job* will change that.

Robert Alstead made the Vancouver documentary *You Never Bike Alone*. www.youneverbikealone.com. He writes at www.2020Vancouver.com

...Galloway from p. 35

his status on American soil.

The second reason the ruling is a victory for Galloway is because it paves the way for his return to Canada. Should Galloway turn up at a Canadian point of entry – something that Galloway is expected to do very soon – a CBSA officer will have to rule on his admissibility. In light of the decision, it will be impossible for an officer to deem Galloway inadmissible based on the politically compromised preliminary assessment. The ruling should be seen as a warning to the government to end its political interference to block Galloway’s entry to Canada.

The ruling unequivocally dismisses the government’s claims that Galloway is a national security threat or a supporter of terrorism. Justice Mosley writes: “From the evidence on the record, the question of Galloway’s admissibility was never an issue of national security. As indicated above, CSIS was consulted prior to the writing of the CBSA

assessment and had no national security concerns about his visit.”

During the Federal Court hearing, it became clear that Jason Kenney’s director of communications, Alykhan Velshi, the staffer who set the ban in motion, did not include CSIS’s findings in the preliminary assessment.

Justice Mosley also slams how the government made its assessment: “The assessment is not reasonable, in my view, as it overreaches in its interpretation of the facts, errs in its application of the law and fundamentally fails to take into account the purposes for which Galloway provided aid to the people of Gaza through the Hamas government. I think it necessary to discuss my reasons for this conclusion in some detail to assist the parties should the question of Mr. Galloway’s admissibility arise again.” In addition, Justice Mosley dismisses the government’s familiar refrain that Galloway’s humanitarian support for the people of Gaza is the same as

support for terrorism.

By these criteria, even though the application was ultimately dismissed, the ruling sides overwhelmingly with Galloway and his supporters. The government and its backers in the press may try to spin it as a defeat for Galloway, but they really have nothing to cheer about: the government’s political interference has been exposed and condemned, the door is now open for Galloway to return to Canada and the government’s unfounded allegations against Galloway have been dismissed.

Galloway returns to Canada for a 10-city tour (November 17-28) to deliver the message he was prevented from delivering in person 18 months ago. It is up to us to hold Kenney to account for this most recent abuse of government power. Let’s not miss this opportunity.

James Clark is a member of the Toronto Coalition to Stop the War and an

applicant in the case brought by supporters of George Galloway against the Government of Canada. Originally published at rabble.ca. Reprinted with permission.

George Galloway speaks in **Vancouver**: Nov. 22, 7:30PM, St. Andrew’s Wesley United Church (Burrard & Nelson). Tickets \$15 or \$10/unwaged or low-income. Available at People’s Coop Bookstore (1391 Commerical Dr). Organized locally by the Stop-War.ca Coalition, co-sponsored by the Seriously Free Speech Committee and Solidarity for Palestinian Human Rights UBC. National tour sponsors include the Canadian Peace Alliance, the Canadian Boat to Gaza, the Canadian Arab Federation and Independent Jewish Voices. **Toronto talk**: November 20. **Calgary talk**: Nov 23. For a complete list of speaking engagements, visit www.rabble.ca. Search for George Galloway November 2010. For more info, email stopwar@resist.ca



Crowdsourcing the world

INDEPENDENT MEDIA Steve Anderson

JEFF HOWE, who coined the term “crowdsourcing,” defines it as “the act of taking a job traditionally performed by a designated agent – usually an employee – and outsourcing it to an undefined, generally large group of people, in the form of an open call.”

When Vancouverites gathered for the second Fresh Media ReMixology event, I, along with other event organizers, expected a conversation focused on crowdsourced media making. What we didn’t entirely foresee is that people have

media, art and software, the ReMixology conversation quickly moved to broader questions about the role crowdsourcing – and specifically twitter – plays in social movements and its role in the broader offline world. Reilly Yeo asked a question about the role of social media in social movements, citing a recently widely circulated article on the subject by Malcolm Gladwell. Perhaps the best response came from twitter user Miraj Khaled (@asterix), who said, “Twitter is only a platform & crowdsourcing a process. Movements are



a hunger to learn not just about this new form of media making, but also about what this form of production means for other spheres of society.

We shouldn’t have been surprised considering several of us organizers conceptualized the ReMixology series as being, in part, about remixing our roles and society at large – society as an open platform – but it was a surprise nonetheless.

Crowdsourcing media

The Fresh Media discussion began with a focus on media with UBC journalism professor Alfred Hermida introducing the topic of crowdsourcing. Hermida noted, “News organizations are exploring more collective, collaborative approaches, often around the edges of their news operations.” He talked about using the crowd for observation, breaking news and investigative work.

Leigh Cristie of the eatART Foundation talked about how he uses the web to crowd-cast – calls for participation – for specific project needs and to bring a community of contributors together. David Asher from Mozilla Foundation talked about how they have millions of people testing and thousands contributing to Mozilla software like the well-known Firefox web browser.

From what I could glean from the discussion, both of the roles involved in online media – production and the technical tools required to make sense of what’s out there in terms of content – still need to be full developed. But our conversation made clear that the process of figuring all this out is well underway.

It’s not about media

While it was interesting surveying the role of crowdsourcing in the world of

built by real people i.e. “influencers” with the aid of these tools.”

As Miraj suggests, crowdsourcing is a process or mode of production that bases the production of media – and anything else – and decision-making within a community of people. As Asher notes, we’re at an “early stage of shifting from hierarchical control structures to much more organic, free form” ways of operating. Why not move the behaviours associated with crowdsourcing – collaboration, free sharing, promiscuous creatively – to the offline world?

In his appropriately titled book *Crowdsourcing*, Jeff Howe goes through a diverse array of examples where people have put crowdsourcing to use with everything from tracking birds to NASA’s tracking changes in the surface of Mars to making T-shirts. The open Internet has lowered the barriers for participation in all facets of life, not just media production.

This brings us back to the exciting moment we’re at now pertaining to media: it’s not just the content of media that can inspire change; it’s also the process of media making itself. As the boundaries and roles of the industrial era break down before our eyes, one thing is certain: it’s a good time to engage.

In case you’re wondering, yes, I did crowdsourcing this column about crowdsourcing.

The next Fresh Media ReMixology takes place November 6 at the W2 Media Arts Centre. Details at <http://freshmedia.me/>

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Will Fish Lake be sacrificed for gold fever?

The Tsilhqot'in Nation's fight for its sacred lake is everyone's fight



by Chief Marilyn Baptiste
Xeni Gwet'in First Nation
photo by Krista Liebe

photo by Chris Jordan (www.chrisjordan.com)

These lands, this water, all the plants, all the wildlife, all the air that we breathe in, are very sacred to us. All the waters, all the trees, all the grasses, the rocks, they all have spirits. They are part of a living structure, a living nature that we all adapt to. And as part of our culture, if this lake was destroyed, we would definitely lose our culture. It's my flesh and blood. Stop destroying our country. — Yunesit'in (Stone) Chief Ivor Myers.

WHETHER Canadians realize it or not, this country sits on a precipice as we await the federal cabinet's decision on the fate of Teztan Biny (Fish Lake). The future of our fresh water, our habitat-bearing lakes and of Canada's relationship to First Nations hangs in the balance.

As you read this, the fate of a culture rests with our elected officials. The federal cabinet continues to deliberate on a proposal for a massive open pit copper-gold mine southwest of Williams Lake, BC. The mine would destroy the traditional lands and the sacred Teztan Biny (Fish Lake) of the Xeni Gwet'in, Yunesit'in and its sister Tsilhqot'in nations. The company behind the proposal, Taseko Mines Ltd., says the mine would generate \$5-billion in economic activity over 20 years — a welcome prospect to the province and local towns hit hard by job losses. Taseko also says it plans to create an artificial 'lake' that would eventually be home to the offspring of the 90,000 trout that would be killed when the company uses Fish Lake to store mine waste.

In 2007, Taseko Mines filed its application to create the mine deep within the heart of Tsilhqot'in ancestral lands. In addition to the two-kilometre wide-open pit,

the project will generate up to 700,000,000 tons of tailings and waste rock. Teztan Biny, known as Fish Lake to settlers, would be drained to store the waste rock. Upper Fish Creek and Little Fish Lake would become a tailings pond and over half a dozen area lakes and rivers could be polluted by arsenic, mercury, lead, cadmium and a host of other toxic metals. The lakes are at the headwaters of the Taseko River, a tributary of the Chilko River that joins the Chilcotin River and into the Fraser River. The Fraser River has the largest runs of sockeye salmon in the world and is an important source of food security to the First Nations groups within the watershed. It is inconceivable to the Tsilhqot'in people, who never ceded or surrendered our Aboriginal Rights or Title to this land, that Taseko named the mine "Prosperity."

"For our people, it [Prosperity Mine] is another in a long series of trespasses against our territory — a trespass into one of the few remaining areas untouched by industrial development and a trespass into one of the areas where the court has declared we have an Aboriginal hunting and trapping right protected by the Canadian Constitution. Our entire territory is sacred to us. This is one of the only areas left to us where the land and water hasn't yet been harmed, where we can still feel our connection to the land and to our ancestors, where we can still teach our Tsilhqot'in traditional ways to our children and grandchildren," says Roger William, former Chief of Xeni Gwet'in First Nation and current Councillor of the Xeni Gwet'in First Nations.

You might recognize the area to see it. It was the poster child for the BC Tourism industry and was even

included in videos produced for the 2010 Olympics. Remember those people riding horses through pristine wilderness? There is a bitter irony that the province of British Columbia approved a project that will see the area touted in a highly visible tourism campaign turned into a wasteland.

The Tsilhqot'in message has been clear from the outset: No amount of money can compensate for what this mine would do to our people and the land we treasure. We have played by the federal government's rules to make our case and now we expect it to do the same.

This is not a case of a First Nation asking for or getting a "veto" over development. From the outset, the proponent presented only one option for its Project, leaving no room for compromise or reasonable mitigation to address First Nations' concerns. Even the CEAA panel recognized Taseko's strong-arm tactics stating: "...if the project proceeds, there would be no other viable alternatives that could be explored to avoid the significant adverse environmental effects identified by the Panel." This isn't to say there are no other options that might allow the lake to be preserved, but for Taseko they cost too much.

After 60 days of hearings during which witnesses overwhelmingly opposed the mine, a Canadian Environmental Assessment Agency Review Panel reported that the project would cause significant and irreparable harm to our rights, our future generations and the environment on which we depend. It also found that no proposed mitigation would address the harm that would be caused.

Based on the overwhelming evidence brought forward during public hearings, the independent Panel

concluded that the mine would have “cumulative high and irreversible impacts” in a number of areas, including Tsilhqot’in people and culture, that the false “Prosperity Lake” could not begin to meet DFO’s requirements for “no net loss,” that the impacts on blue-listed (endangered) grizzly bears would also be cumulative and irreversible and that navigation under the Navigable Waters Protection Act would be impossible.

The list of what is wrong with the project is too long to include in this article. Suffice it to say that federal government departments raised serious concerns and aboriginal and environmental groups are 100 percent opposed to the mine. The Department of Fisheries and Oceans has been warning the province and Taseko since 1995 that it could not approve the mine because it so completely violates the “no net loss” cornerstone of federal fisheries policy. The Tsilhqot’in National Government has also learned that the BC government previously turned down a small lodge expansion in the same area because it would have hurt the environment and aboriginal rights.

Taseko says no great harm would result from gouging out a 35-square-kilometre open-pit mine that would kill a lake, streams, wildlife, forests and our rights and way of life. Inexplicably, the BC government agreed with this patently ridiculous position. The federal government cannot make the same mistake. In fact, no cabinet has ever overridden a report by an environmental assessment review panel.

Some may wonder how it is possible that a habitat-bearing lake in a pristine ecosystem at the headwaters

In 2008, CBC reported that a total of 16 Canadian lakes are slated to be used for the benefit of private mining companies. It amounts to a huge subsidy for the company because it doesn’t have to pay to create a place to store the vast amounts of toxic waste produced by the mine – instead, it can simply use one of our natural, freshwater resources as a “tailings impoundment area.” But the practice of dumping these chemicals into

massive BC Hydro subsidies to Taseko for the project and also to very significant highway maintenance costs that will be borne by the province, not to mention greenhouse gas offsets that will be required.

Approval of the Project, in the face of these clear warnings, would not only violate the constitutional rights of the Tsilhqot’in people, but it would also betray our highest values and our commitment as a nation to

You might recognize the area to see it. It was the poster child for the BC

Tourism industry and was even included in videos produced for the 2010 Olympics...

There is a bitter irony that the province of British Columbia approved a project that will see the area touted in a highly visible tourism campaign turned into a wasteland.

a lake kills the body of water and anything living in it. The cost of caring for this mess lasts long after the last piece of ore has been removed and the company has left the area. It stays contaminated for decades.

Taseko claims it can contain this toxic mess, but the contamination cannot be isolated and contained in perpetuity. Groundwater moves as the earth moves and extremes in weather cannot be accounted for. It is not a question of *if* but *when* the leaks will occur. What affects one body of water threatens all other rivers and lakes within the larger system. The CEAA panel recognized this and said there were no mitigating measures that could address this harm.

From the Tsilhqot’in perspective, this is simply a bad project, with alarming and unacceptable costs to the environment and First Nations. If environmental assessment, fisheries protection or First Nations’ cultural survival has any meaning or legitimacy, this project must be rejected. Otherwise, it will become a symbol of the hollowness of environmental assessment and a catalyst for protracted and unfortunate conflict.

Economic development does not have to come at the expense of First Nations’ cultural survival or leave a legacy of severe, irreversible harm to our fisheries and to our environment generally. As noted by the Panel, the Tsilhqot’in are not opposed to development – they have their own vision of sustainable, culturally appropriate development opportunities that would sustain the local economy for future generations.

Further, in TNG’s view, Taseko’s estimates of the economic benefits of the project are grossly inflated. The company has simply estimated gross economic benefits (jobs created, revenue generated) – this tells us nothing about the net benefits

of the project. For example, as the

Panel concluded, most of the skilled labour for the mine would come from outside the region. Because many of these workers would be employed elsewhere and paying taxes in any event, the marginal benefit to BC and Canada is far less than the gross economic benefits presented by Taseko. The mine is a detriment to the people of BC despite persistent claims to the contrary by Taseko Mines Ltd. Economic analysis carried out by the distinguished economist Dr. Marvin Shaffer of Simon Fraser University demonstrates there will be no net benefits to the province; in fact, net costs incurred will be at least \$20 million per year, due, in part, to

the survival of First Nations cultures. It would place the Tsilhqot’in leadership and members in the tragic position of having to defend the survival of their culture, the health of their communities and their future generations, against the orders of the federal government. It would signal to First Nations across BC and Canada that, despite noble sentiments expressed by governments and courts in recent decades, their cultural survival means as little now as it did a century ago when their cultures stood in the way of short-term profits for others. This is a path of bitter conflict and confrontation.

The TNG invites the federal government to choose a different, better path. The federal government can promote mining and development without endorsing development *at any cost* to culture or the environment. This Project is simply too far over the line of acceptable impacts on the environment and on First Nations. The Tsilhqot’in Nation respectfully submits that the federal government can, and must, demonstrate that environmental assessment and First Nations’ cultures have some meaning and value.

We are not against all mining, but we cannot allow this poster child for all that is wrong with the system to proceed. It would be a catalyst for confrontation, not co-operation. The Assembly of First Nations notes that federal acceptance of the mine would expose the environmental-assessment process as useless and the government’s claims of respect for aboriginal culture as hollow. The AFN, the Union of B.C. Indian Chiefs, BC’s First Nations Summit and others have pledged to help us defend against what we believe would be an unjust federal decision.

If the government can sell out the Tsilhqot’in in this case, it can sell out others too – and not just natives. Which is why, if denied justice, we will be forced to act. It is why first nations across the country see this as an issue of national importance. It is also why Canadians have a vested interest in seeing our rights and way of life protected.

Should the cabinet approve the proposed Prosperity Mine, Canada will send another signal to the world that it has no real stake in protecting our environment and no desire to truly forge a working relationship with its First Nations. A “yes” vote would be a declaration that might is right and greed is paramount. Saying yes to the mine represents an utter dismissal of the rights of First Nations in Canada.

Marilyn Baptiste is Chief of the Xeni Gwet’in First Nation, one of six nations of the Tsilhqot’in in National Government and a founding member of British Columbia’s First Nations Women Advocating Responsible Mining (FNWARM).



Gilbert Solomon, drummer Xeni Gwet’in First Nation. Photo by Mark Donovan (<http://web.me.com/marktd>)

of a major watershed could be considered for a dump site for a private company. But this is part of the reason this mine is so important. It really represents a test case for several other lakes in Canada slated for destruction because the bar on Teztan Biny is so high that if this lake falls there is nothing to protect the other lakes. It is all part of something called “Schedule 2” – legislation that allows for the destruction of freshwater bodies in Canada. Schedule 2 is a loophole in the Metal Mining Effluent Regulation (MMER) – part of the federal Fisheries Act that allows metal mining corporations to use lakes and rivers as toxic dump sites.

Datebook

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NOV 3

An evening with Dr. Christiane Northrup:

"Women's Bodies, Women's Wisdom; Flourishing in a Female Body." Queen Elizabeth Theatre; 6PM, VIP Meet & Greet Reception; 6:30PM, Doors open to general public. Arrive before 7PM and be entered into the early bird prize draw. Presentation: 7:30PM. Tickets at Ticketmaster, 604-280-4444 or www.ticketmaster.ca For more information visit, www.FlourishEventProductions.com

NOV 6

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7:30PM, \$10; Course \$325. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

NOV 6

Media Democracy Day Vancouver: 12-5pm, Vancouver Public Library, Central branch, 350 W. Georgia. Free and open to the public. Keynote: Tony Burman (Al Jazeera English). Presented by SFU, openmedia.ca and the Vancouver Public Library. Seating limited; please pre-register at <http://mddvancouver.eventbrite.com/>

NOV 9

FREE. Movie, music, slide presentation, Egyptian refreshments. Health Benefits of Climatotherapy of Red Sea, EGYPT. Renshaw Travel. RSVP: 604-733-1010. 7:00-8:30PM.

NOV 12-14

Radiant Evolution: weekend retreat honoring and empowering the menopausal transition. Embrace the change with body, mind and spirit! www.visteriaacres.com, 604-807-2255.

NOV 14

J.KRISHNAMURTI - Discussion with Students. DVD & Dialogue Series, 4PM. Planetarium. \$5. 604-734-7774.

NOV 21

Past Life Exploration Workshop- 1-4PM. Experience a journey into YOUR PAST to understand/heal your PRESENT. West Vancouver, \$75. Information/Registration www.lifebetweenlives.ca/Events

NOV 21

Meditation for Planetary Peace on the Full Moon, Sunday, November 21st at 7:30 PM. 2950 Laurel St, Vancouver. www.pranichealing.ca/vancouver.htm

NOV 21

Transmission, A Meditation For The New Age: Free presentation and demo. All welcome. No experience required. 2-4:30PM, Roundhouse

Become a champion for Natural Health Products (NHPs)

AS A CANADIAN, you are at risk of losing your right to purchase your favourite Natural Health Products (NHPs). If Bill C-36 is approved, these products will be considered dangerous and ineffective until proven otherwise. And all businesses manufacturing, selling or distributing consumer products will be saddled with additional red tape and expense, regardless of whether or not there is a safety concern.

We encourage all Canadians to get involved and support the Natural Health Products Protection Association. The NHPPA is federally incorporated as a non-profit company with the sole objective of protecting Canadians' access to Natural Health Products and dietary supplements. It focuses on identifying and responding to threats facing the Natural Health Product and Dietary Supplement industry. It aims to have NHPs established as a separate third category – as opposed to their being classified as a food or drug.

Join the Canadian Natural Health Products Protection Association and also write a letter to your member of Parliament, sending a strong message about your position with regard to Bill C-36 (the Consumer Products Safety Act) and its attack on the Natural Health Products industry.

Let our government know that you feel strongly that Natural Health Products should be classified by Health Canada and its regulatory bodies as health products in their own right, in a third category of their own. **In the US, even the FDA regards Natural Health Products as safe and effective unless they are proven otherwise.** In Canada, Bill C-36 and other proposed and existing regulations seek to treat NHPs as dangerous and ineffective until proven otherwise. This places an unnecessary burden on NHP producers to get their products on store shelves and into the hands of people like you who need them and who want to take responsibility for your own health without the use of drugs – drugs which are often chemical-based and toxic.

For more information, visit www.nhppa.org

Community Centre (Pacific @ Davie).
www.transmissionmeditation.org

Nov 22

Talk: George Galloway, "Free Palestine, Free Afghanistan, Free Speech" 7:30PM (doors 6:30PM), St Andrew's Wesley, Burrard/Nelson, \$15/\$10. StopWar.ca Info: stopwar@resist.ca, 604 737-1299.

NOV 23

More than Entertainment - Dr Wayne Dyer, world renowned Author and Speaker will show you how to find your life's purpose and your true sense of fulfillment and joy. Experience "The Shift: Moving Ambition to Meaning". 7PM Queen Elizabeth Theatre. Tickets available at Ticket Master.

NOV 26-28

Advanced Reflexology: Clinical Skills Course. 7-10PM Friday, 9AM-6PM Saturday & Sunday. \$350

+ HST. Pacific Institute of Reflexology
(604) 875-8818 www.pacificreflexology.com

NOV 27

Institute of Holistic Nutrition Grand Opening: All welcome. 10-3:30PM. Course curriculum info & career opportunities. Door prizes. Natural Health exhibit. Book Sale. www.instituteofholisticnutrition.com

NOV 28

Shamanic Drumming & Dreaming Circle: Experience 'dreamtime journeywork.' Insight/healing with your Nature spirit guardians. New location: SPEC (Society Environment Conservation) Bldg, 2150 Maple St, & W. 6th Ave, near Arbutus St, Kitsalano, 7-9pm. By donation. Earthsong Healing Circles. 604.418.9636. www.shamanichealing.info

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*Last healing begins half-hour before closing

Keep In Touch

www.pranichealing.ca/vancouver.htm

Classified



View a video of the mysteriously large 2010 Adams River salmon run at www.perubluesky.ca
photo by Peter Sircom Bromley

DEC 5

ADAM DreamHealer Workshop - "INTENTION HEALS". EXPERIENCE UNIQUE GROUP ENERGY HEALING SESSIONS with ADAM, international speaker, Molecular Biologist, author and First Nations Healer. Learn techniques to focus intentions embracing self-empowerment and your own healing power. All registration: www.dreamhealer.com

DEC 10

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7:30PM, \$10; Course \$350. Pacific Institute of Reflexology (604) 875-8818 www.pacificreflexology.com

SUNDAYS

Centre for Spiritual Living: Join us every Sunday @ 11 AM for spiritual teachings and great music at #08 1880 Triumph Street (at Victoria Drive), Vancouver. Info: 604-321-1225 www.cslvancouver.com

SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

TUESDAYS

Potluck Event & Garden Party! Join us at 7PM the first Tues. of every Month for an organic, homemade potluck dinner. Bring something creative & enjoy our community garden in the parking lot. Ethical Kitchen, 1600 McKay Rd., North Van. 604-988-6280. www.westonaprice.org

Reflexology Student Clinic 6-10PM. One-hour sessions \$20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

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RETREATS

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OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

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• **Rose Marcus** *Insights Into Evolutionary Astrology* Nov. 18

• **Kate Sutherland**
Make Light Work
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...*Drug Bust* from p. 9

Should we try to find it and somehow stop it in its tracks if we can?

Alzheimer's is certainly a dreadful disease that most of us would choose to avoid at almost any cost. As you lose mental function, your brain cells deteriorate and you become more confused and disoriented. You will soon stop recognizing people you've known and loved all your life. It's terrible. But would being screened and finding out that in 10 or 20 years you might get it make it any less terrible?

I'm convinced that the drive to 'screen' people for Alzheimer's is not

being seriously questioned in the medical community because most people believe strongly in the "test early, test often" paradigm. That paradigm is not working out with mammography and prostate cancer screening and the question we should be asking is "Why should we expect anything different with Alzheimer's?"

Alan Cassels is a drug policy researcher and author at the University of Victoria. He is currently writing a "pocket policy primer" on the ABCs of medical screening. A is for Alzheimer's.

...*Trade agreement* from p. 28

farmers will buy all their seeds (instead of using saved seed) to avoid these measures. Even if the accusation were unfounded, the average farmer could not fight back because of the costs involved. The agreement also calls for extending patents and Intellectual Property Rights (IPRs) by the length of time of time it takes for a regulatory body to approve a product for use or sale. If a minor use is found for the product (not originally claimed), the IPR/patent term would be extended again. This would add to the lifespan of patent rights for corporations and increase farmers' costs for everything from seed, pesticides and drugs.

Our healthcare budgets are comprised of nearly 50 percent drug and medical supply expenditures and anything that adds to those costs, as this will, is a direct transfer of funds from taxpayers to big pharmaceutical corporations. Interestingly, public healthcare costs skyrocketed after extended drug patents were granted in the early 90s. The data provided for regulators to base their decisions on would be confidential as well. Public oversight agencies will not be able to disclose the basis upon which they make their decisions. They will also not be able to use this data for their own research.

The CETA trade agreement aims to harmonize regulations, such as food inspection regulations, so that products must be accepted by the other Party without verification (except in exceptional circumstances or new trade in that item). Therefore, something inspected in Europe must also be accepted by all provinces and territories in Canada. The same applies for Europe with regard to our food inspection services, except in exceptional circumstances.

The European Commission is hostile to Canada's supply management systems – supply management is a unique system where dairy products, poultry and eggs are produced for domestic Canadian supply only and have a negotiated price with processors that insures a fair return to Canadian farmers. The Canadian Wheat Board will likely be attacked and jeopardized through this agreement as well.

European regulations on genetically modified organisms (GMOs) are exempted from the terms of the agreement so the agreement will not open up European markets to our genetically modified crops as those who grow them hope. In a briefing call however, Canada's chief negotiator, Steve Verheul, stated that Canada was asking Europe to increase the acceptable level of GM contamination or "adventitious presence" in products coming from Canada.

The threats to Canadian agriculture and farmers are clear in this agreement and the broader scope of the agreement will affect all Canadians. The CETA goes beyond the World Trade Organization and the derailed Multilateral Agreement on Investment. What is particularly vexing is the speed at which the negotiations are proceeding and their relative secrecy. These governments and negotiators are our governments and negotiators and yet they have agreed to withhold the text from us. We must demand to be informed of all aspects of the negotiations and the text and that the public interest be respected and enhanced. Too often, our governments confuse their role as acting for us and in the public trust, with that of making sure they get out of the way of corporate interests, no matter how short-sighted they are.

The National Farmers Union has organized a campaign to stop this trade agreement. We will need all of our tools, allies and commitment to derail this and its content. We ask all Canadians to take the time to call and write our politicians at all levels and to fight on behalf of all Canadians. Join the fight for our seeds, hospitals, local food systems, local businesses, public utilities, supply management, the Canadian Wheat Board and our autonomy, in the face of corporate domination. We have little to gain and everything to lose if this agreement proceeds. Visit <http://www.nfu.ca> for more information.

Terry Boehm is president of the National Farmers Union, <http://www.nfu.ca>

On Track Zodiac

November 2010 Adrien Dilon



ARIES (Mar 21 – Apr 19)

"To sleep, perchance to dream." Many thoughts may plague you, as you wish you were in a different place and time. Instead of becoming confused about your direction, however, and not paying attention to the signals you receive, be ever more watchful and diligent.



LIBRA (Sep 23 – Oct 22)

You still feel the pull toward liberation, but the influence of structure and stability keeps you from doing something drastic. You are probably enjoying this time of self-assuredness, yet you yearn for a change. It will come.



TAURUS (Apr 20 – May 21)

You could find that you give off an aura of being aloof and unapproachable, when you really just want to sit at a bistro table for one. Own your space and do your own thing as prescribed by you.



SCORPIO (Oct 23 – Nov 21)

Your desire to travel and do something completely different is probably very much on your mind lately. Not one to follow a crowd, you may tip your hat to those who wish to gather and celebrate. Self-respect comes in small doses and little journeys.



GEMINI (May 22 – Jun 20)

You may find others stimulating, yet also provocative and challenging. Differences can create friction and there may be too many conflicting opinions to allow you to function well. You shall overcome, as you learn to adapt. What you resist will persist.



SAGITTARIUS (Nov 22 – Dec 21)

Your confidence is high and you are able to assert yourself in an energetic way. You need not come off as arrogant unless you feel that someone is undermining your intentions. You can really make some progress in that which you want to accomplish.



CANCER (Jun 21 – Jul 22)

You seem to be enjoying the tasks you have set for yourself and you give yourself the freedom to go at your own pace. You could discover that each day seems to bring out your disciplined nature and is followed by a reward. More fresh ideas come your way.



CAPRICORN (Dec 22 – Jan 19)

You might feel reluctant to get involved with those who haven't earned your trust. Your insight is keen and if you feel something isn't quite pudding-proof, don't allow others to dissuade you. Your attention to every nuance will bring you the success you're after.



LEO (Jul 23 – Aug 22)

You can be tamed but not conquered. You may, however, get the opportunity to lie back and allow another to bring you the excitement you need. You can both revel in the joy of giving generously to each other. Surprises are afoot.



AQUARIUS (Jan 20 – Feb 19)

The curtains will be drawn and you will take a final bow on a chapter than now ends. You have decidedly created a closing of the door. You will breathe a gentle sigh of relief because some things have lost their magnetism. All is well that ends well.



VIRGO (Aug 23 – Sep 22)

It's not your nature to be competitive so don't be willing to play that game. You are becoming sharp-tongued and skilful while separating fact from fiction. You might happily play by your own rules and not be moved off your course.



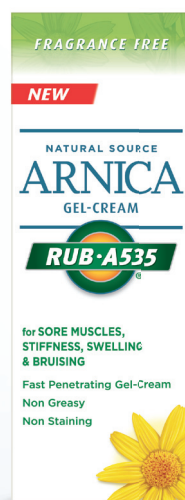
PISCES (Feb 20 – Mar 20)

You are becoming clearer about who you are, noticing the difference between your intuitive knowing and information that comes from the outside. You are making lasting changes now that will help complete you and bring you peace.

Adrien Dilon is a clairvoyant consultant and author with 35 years experience in astrology, multi-media art and healing, adrien.dilon@gmail.com.



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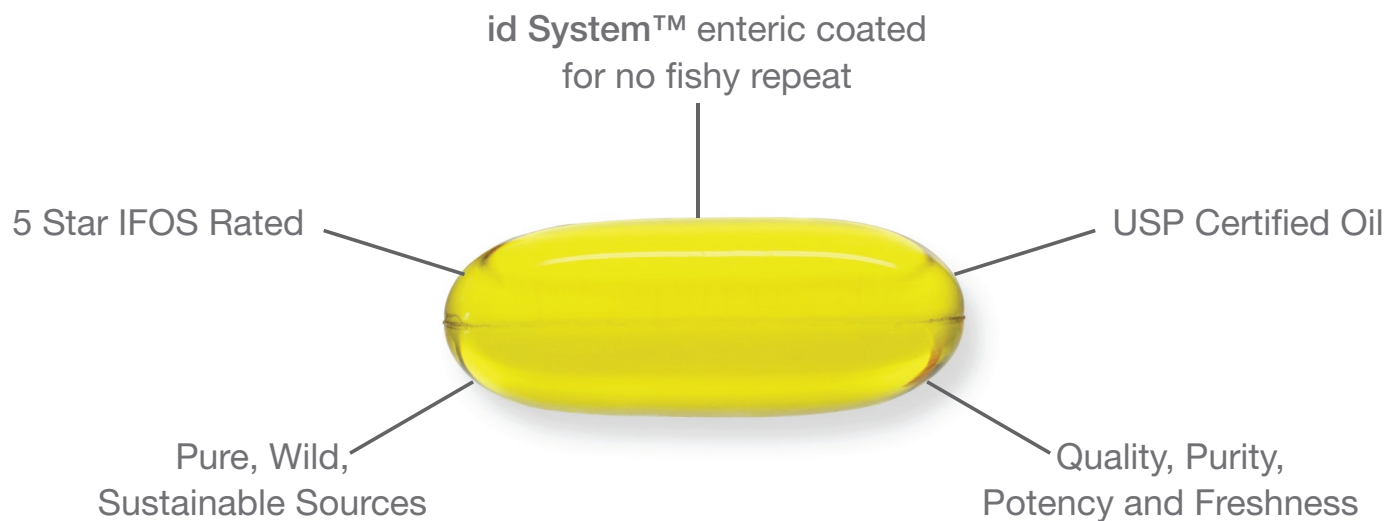


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